



“COOK” BOOK

Plus...Resources for Natural Care for Pets



Maggie Mae, Helen, Danny Boy, and Paco

Helen L. McKinnon

A portion of the sales of this book is donated to Animal Rescue Groups and Shelters



has made donations to

*Yankee Golden Retriever Rescue
Field of Dreams Capital Campaign*

and

*The Hunterdon County District of
The S. P. C. A.*

FOREWORD

Now is the time for you to relax, put your feet up or sit in a hot bath and read this wonderful book from cover to cover. Helen has written this book in the story telling style of our native elders taking us out of our mental mode and into our hearts. Helen was moved by her experiences and knowledge gained walking the healing path with her cherished animal companion "Lady" and she will share this with you.

Over the years, commercial farming practices have depleted the nutrients available to us in our foods today. Processing of foods for convenience has filled our systems with toxins and depleted our foods of vital essence called Qi (chi). This has affected the health of generations of our companion animals, as well as ourselves. We must take responsibility for the health of ourselves and our family which includes the treasured animals we have chosen as our life companions. Self education and research of nutrition and holistic principles is paramount in shifting responsibility to self. You will take one step toward this responsible healing path by reading Helen's book.

In the years of our holistic practices, we have been educating our clients on the benefits of feeding home prepared food with raw meat, cooked grains and vegetables, and proper nutritional supplements. Helen logically counters every excuse we have heard from our clients and ourselves for not feeding home prepared diets. Helen will take your hand and walk you through the steps to better health for your companion animals with diet. She does not stop in the kitchen. You will find an array of resources for holistic care for your companion animals.

Many veterinarians are in transition from allopathic (conventional) methods of diagnosis and treatment to the holistic approach. Holistic medicine is giving us a new perspective on health. We need to move away from the habit of seeking which medicine, natural or allopathic, is best to help the disease. People still seek our help to assess the problem and dispense natural supplements and medicines. We are what we eat. Health begins with a natural diet. Follow your heart, listen and observe your animals, use your kitchen as Helen will show you and you will see your companion animals transform.

Deborah C. Mallu, D.V.M.

Allen M. Schoen, D.V.M., M.S.

It's For The Animals! "Cook" Book

~~~~~

It's a lot like making a stew once a week, or so. Keep an open mind, and be willing. Watch out for "contempt prior to investigation". And above all else, make a commitment!

The author explains to the reader step by step, just how she makes home-made food for her dog and cat companions, and why. The method for making home-made dog and cat food, and the recipes are the original creations of the author.

A "How To" book, using the KISS (Keep It Simple Sweetie) Principle. The basic technique is all from first-hand experience. The 'For Your Information and Resources' sections list a wide variety of helpful information such as – safer antifreeze, dealing with fleas, finding supplies, animal consultants/communicators, catalogs, newsletters, and some of the Rescue/Placement Groups.

~~~~~

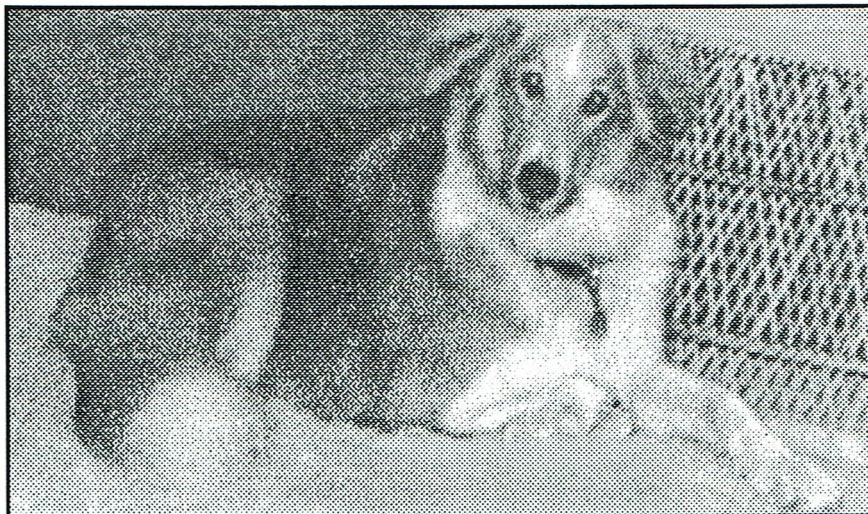
Helen L. McKinnon

Copyright 1995 C.S.A., Inc. all rights reserved.

Written permission from the publisher must be obtained for any reproduction.

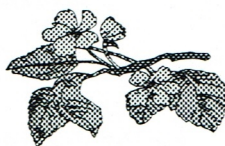
C.S.A., Inc., 1 Allen Rd., Hampton, NJ 08827

This book is not intended to be in any way a substitute for competent Veterinary advice, preferably a Holistic or Complementary Veterinarian with expertise in nutrition. C.S.A., Inc. is not to be held responsible for adverse reactions to any of the author's ingredients or methods. The recipes and methods contained in this book are utilized by the author to feed her own dogs and cats. A holistic veterinarian has reviewed this book. Any application of the information in this book is at the reader's discretion and sole risk.



Lady

May 1, 1977 - October 7, 1987



This book is dedicated with gratitude

to

Lady

I had the privilege of having her unconditional love and companionship for only a little over a decade. Lady, a May Day puppy, was a beautiful and highly intelligent mixed breed dog (Border Collie, Golden Retriever, and German Shepherd). She was my patient teacher and I believe that if I knew then-- what I know now-- we could have had a longer time together. Even though she is with me in Spirit, as love never dies, I miss her dearly. I now have two other loving dogs, but Lady was truly an extraordinary being and I had never experienced that kind of Love before she came to me.

This little message from Richard Bach has helped comfort me over the years,
especially when I recall my sweet memories of Lady:

"Don't be dismayed
at good-byes.
A farewell is necessary
before you can meet
--again.
And meeting again
after moments or lifetimes,
is certain for those
who are
Friends."

Fellow Travelers

Something happened to me to change my consciousness concerning animals. I don't know exactly when this occurred, perhaps gradually, but I do know that animals are sentient beings and my beliefs are very different now as compared to those I remember as a child.

Several years ago I saw this quotation and somehow it caused me to re-evaluate my belief system:

"We need another and a wiser and perhaps a more mystical concept of animals. Remote from universal nature, and living by complicated artifice, man in civilization surveys the creature through the glass of his knowledge and sees thereby a feather magnified and the whole image in distortion. We patronize them for their incompleteness, for their tragic fate of having taken form so far below ourselves. And therein we err, and greatly err. For the animal shall not be measured by man. In a world older and more complete than ours they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren, they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth."

from The Outermost House by Henry Beston, in 1928.

We humans, who choose to share our lives with companion animals, are given lots of "opportunities for growth". Whether it is trying to house-train a pup or witnessing animal birth, or observing the sheer joy exhibited by a dog's romping in play, we get to make many choices. Sometimes I think that I am the student and my animals are the teachers, even when I'm trying to "train them". Regardless of my mood, my looks, or stature, my animals are always happy just to be with me, eager to please, and convey to me that I'm "their special person". They shower me with unconditional love and instantaneously forgive my faults. I have yet to meet such a human!

Commitment vs. Involvement

In thinking about doing anything requiring my time and energy, I'm reminded of a little saying I heard or read not long ago:

**"Commitment and Involvement is much like Bacon and Eggs:
the chicken is involved, but the pig is *committed*."**

Because of my desire to feed my companion animals what I believe is the best food, I realized that I was now making a commitment to them. I was accepting my responsibility as their provider and that meant to me an adjustment of my routine, an inconvenience, and my time and energy. The results speak for themselves, and I have a much better feeling because I'm feeding them *my* food. Now, when I look at my dogs and cats, my feelings are kind of hard to articulate—suffice to say: a sense of satisfaction that they are being fed what I consider to be the best food possible. Somehow, I get the feeling they know this and in their own way communicate their appreciation to me.

This responsibility I feel for my animals is not a heavy burden, but more of a sense of respect for them and their needs. Until I made the change to home-made animal food, I never felt the depth of the meaning of the word commitment, and W. H. Murray articulates my feelings so well.

COMMITMENT

by W. H. Murray

... Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness.

Concerning all acts of initiative (and creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I have learned a deep respect for one of Goethe's couplets:

"Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it."

Why make Home-made Animal food?

Quite simply, I want my animals to have long, healthy lives. From what I've learned, good nutrition is crucial, and just one of the essential needs of animals. Food is a fundamental requirement to sustain life, and I've received conflicting and distressing information over the years regarding just what to feed my furry friends.

So I started to investigate what was available commercially, and came to my own conclusion that my animals deserved better. Even though the "Madison Avenue Types" would have me believe otherwise, I am absolutely convinced that home-made food is best for my animals. Once the transition to my food was made, the immediate changes for the better were amazing to me.

I first read the following quote back in May of 1978, it has served me well, when I remember it, to try to keep "an open mind" and be willing. I have found out that just because something is "different" doesn't necessarily make it unworthy. If something works successfully for someone, and this sounds "unconventional" to me, I may do myself, and my beloved animals, a great disservice by passing judgment quickly and not seeking the truth.

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance-- that principle is contempt prior to investigation."

--Herbert Spencer

For over a decade I believed that I fed the *best possible* dog diet, after all, I read all those labels, made the comparisons, and bought what I thought was the best dog food - "all natural, preserved with vitamin C & E, and with chelated minerals". I even made the extra effort to cook-up a weekly batch of a mixture of rice, meat, and veggies to add to the dry commercial kibble, as Dr. Richard Kearns had instructed me all those years ago.

My more thorough investigation of commercial pet food was initiated after reading the shocking article "Does Your Dog Food Bark? A Study of the Pet Food Fallacy" by Ann Martin, which appeared in Natural Pet Magazine (3/95). I read with horror of diseased cats and dogs euthanized, and the barbiturate was found unaltered in the end product - my dogs' food. (One small pet-food plant renders 11 tons a week of euthanized dogs and cats which were sold to them!) The animal proteins used in many commercial foods are diseased meat, road kills, contaminated material from slaughterhouses, fecal matter, poultry feathers all rendered together. Those decomposing animals, condemned material from the slaughterhouses, were "denatured": soaked in carbolic acid, fuel oil, kerosene and citronella.

The mainstay of dry foods are vegetable proteins which provide little nutritional value, as they are nothing more than sweepings and offal from milling room floors left over after processing. Our own U.S. Government agency that is supposed to regulate animal food, by setting the guidelines and definitions, is the AAFCO (Association of American Feed Control Officials). Their "Official Publication" states that there are no restrictions on the type of animals which can be used in meals, digests, etc. (meat meal, meat digest, poultry meal, poultry digest, etc.) Any kind of animal can be used including cats and dogs. Their list of "Feed Ingredient Definitions" includes:

"Spray Dried Animal Blood, Hydrolyzed Hair, Dehydrated Garbage, Unborn Calf Carcasses, Dried Poultry Litter (processed animal waste - feces from commercial poultry and litter present on the production floor, Dried Ruminant Waste, Dried Swine Waste, Undried Processed Animal Waste Products (excreta, with or without litter, from poultry, ruminants or any other non-human animal), Urea Formaldehyde."

The pet food is allowed to have additives, chemicals, excess sugar, and sodium (salt). The author calls it Garbage laced with additives, and suggests that an additional labeling on the pet food package: a skull and cross-bone insignia! (☠)

Well, needless to say, I was outraged at this atrocity condoned by our own U.S. agency! I was certain that the dry food I bought didn't have any of that garbage in it, but just to satisfy myself, I re-read the ingredients on the bag, only to find "meat meal and poultry meal" at the top of the list I avoided all by-products). So I called the 800 number on the bag and asked the representative to please tell me what *precisely* is the meat meal and poultry meal. She said it is muscle meat. I then asked her why didn't the label state muscle meat instead of meat meal and poultry meal? Her reply was the same: "it's muscle meat." I explained to her that I had just read about what really is in the meat meal and that I had been buying that product for many years, thinking it was superior to all the others but I *really want to know from them, the manufacturers, the exact make-up of their meat meal and poultry meal*. She then took my name, address, and telephone number and told me that someone from their quality-control department would respond to my inquiry. I have not heard a word from them and it's been nearly a year now.

I later read a quote of Dr. Wendell O. Bellfield: "Do you know what is in meat meal, the major constituent of dry dog food? ... Urine, fecal matter, hair, pus, meat [from animals, afflicted] with cancer and TB, etc."

Because of this, an entire chain of events transpired which launched me into my own business: It's For The Animals!, forcing an intensive study of nutrition and holistic health therapies. (In all my years in high school and college, I never studied like this!) I have consulted with experts and my book shelves are overflowing. I've attended seminars and workshops. This network of like-minded folks is growing. It seems we all have one common bond: loving our animals, and wanting them to be healthy, living a good life *for as long as they're supposed to*.

Why My “Cook” Book?

First of all, I am speaking from experience. That's over ten years of making home-made dog food (my cats' home-made food is more recent). Secondly, most experts tell us average folks that dogs and cats are basically carnivores (predators) and therefore need all the good nutrients and enzymes which are present in RAW FOODS. This is what they would NATURALLY eat, if they were living life in the wild. Predators eat the stomach contents of their prey (herbivores) which contain partially digested grasses and grains, etc. Therefore, some food is “cooked” but most is in the raw state.

We have been given a clear indication of what our predator animals, dogs and cats, *are designed to eat* - right under their noses!

Look and see for yourself the design of your dog's and cat's teeth. They are the teeth of predators: all incisor-shaped, with sharp points, similar to our front six teeth on our upper and lower jaws. They don't have our flattened-top bicuspid and molars which we use to grind-up our food before swallowing. Their teeth are designed to *slice through* food.

We are advised that their intestines are much shorter than ours, therefore the meat passes through quicker and doesn't have much time to putrefy. So, we find that our dogs and cats have some very basic physical characteristics which distinguish them, and have much to do with determining their food selection.

I see it this way: I love to watch all those wonderful animal shows on TV, and obviously those wild predators don't eat some baked-dry stuff from a bag, or open a can for din-din. They don't get those chemicals and additives, and synthetic vitamin preservatives, among other difficult-to-pronounce ingredients (“Nothing in fine print is ever good news.” -Andy Rooney). Also, the food they eat is very bio-available (absorbable).

Those wild animals don't get vaccinations with the detrimental side effects. They are trim, strong, and healthy, so long as they're not injured and there's plenty of food (prey) with clean water available. This is the way they have lived and evolved and survived *for ages*.

In the very early times, (the good old days?), when dogs joined us humans in our caves, I'll bet they got just what we ate, right off the campfire (when the men had a successful hunt) or more often, the women (gatherers) fed them portions of the berries, roots, grains etc. Again, they lived and evolved through the ages.

Common sense tells us: Animals need to eat *real* food, just as we do.

More and more often, people ask me *how* I make this home-made food for my dogs and cats, so that they can make it for their own animal companions. This is a regular occurrence when I've got my dogs with me "for a ride", or when friends visit, because my animals look so good; sleek, shiny coats, sparkling eyes, and wonderful dispositions. There's just something strikingly different about their entire being.

In answering the question of *how* I make their food, invariably something or someone interrupts the conversation and the continuity is lost, as recently happened during a long distance phone call with my childhood friend, Anita Persvich, now living in Virginia. She was busy taking notes and we only got about half way through when one of her kiddos needed her immediate attention.

Then there is Mary Lynn Schmidt of The Animal Connection, my dear friend who put on the pressure so that she could make her own food for her dogs and cats (once her house renovation is completed!). She has supported and encouraged me to write this book and we both believe that a lot of animals and their caretakers will appreciate it.

In any case, this book is the condensation of years of first-hand experience, seeking vets' advice and lots of studying on my own. It's *not a quick* answer I can give as to how I make the food. However, I'm determined to apply that KISS principle (Keep It Simple Sweetie) as far as this "cook" book is concerned and explain that it's *not difficult* to make animal food.

Plus, it seems that almost every cook has "their little secrets" which are sometimes bestowed on only certain special individuals. For instance, while I was preparing the dough for the dog and cat treats, I was speaking via long distance with my sister, Eleanor Byrne in Madison, Wisconsin. I must have mentioned that I was making a big batch of my great treats for my dogs and cats. Well, with the same inflection one would hear, say in some spy movie, she revealed to me one of hers. And this is it: she rolls out the dough between two large pieces of plastic wrap. Much neater, faster and no sticking. Pretty simple. I'm not sure how secret it was, but it helped me out a lot. I've included all the little tips which I have learned along the way.

The For Your Information and Resources sections contain information which I have found to be very helpful, and thought others might also.

So here are my original recipes, tried and true, from my first instructions, years ago by Dr. Richard Kearns (his preference was all home-made food). I've also done extensive reading and speaking with other folks who are also making their own pet food. This book is, thus far, the end-result of much trial and error. These recipes have been taste-tested by my dogs and cats (the cooked meat dinners, I also taste-tested), no substitute for experience, as the saying goes.

It's About TIME:

I often hear people say that they just don't have the time to cook for their animals. But consider the *whole picture*, if you will.

There is time spent going to the special feed store, waiting in lines at the store, sitting in traffic coming home from the store. Then there's the lugging of the heavy bags or cans. Invariably one of the animals gets into the bag and what a mess, with more clean-up time. And let's not forget about all those cans that need to be recycled- more time!

In the past, the most time I've spent concerning my animals, (aside from all the R&D to make their food) other than grooming, was when I was in the vet's waiting room, or in that little examining room. There's that travel time again, to and from the office. (I always hope that the previous patient isn't contagious!)

About a year ago (before being fed *all* home-made food), I found several lumps in the abdominal area of my 8 year old Black Lab./Golden mixed breed, Maggie Mae. She had X-rays, blood tests, and surgery: only to find out that these were "fatty tumors". All of this was very expensive, stressful and time-consuming (3 trips to the vet). Well, since she has been fed *only* my home-made food (just 9 months) there is only one small lump now and it seems to be going away *by itself*. She hasn't had to go back to the vet's office since. (Her heartworm test was done at a friend's house, as a group of us got together and had a "clinic" of about 10 dogs to be tested.)

Prior to the cats being fed *only* my home-made food, my Golden Retriever, Paco would somehow manage to eat that old dry commercial cat stuff. Within 48 hours he would have a terrible "hot spot". I'd try everything, even prescription medicine from the vet, (more time) and it would still look terribly painful and just awful with the fur all cut-off around it. He hasn't had a single "hot spot" since the cats made the transition to my home-made food.

More and more, I hear heartbreaking stories of dogs and cats getting cancer and diabetes and a lot of thyroid problems, cataracts, and very debilitating joint diseases. Many of these are not old animals, either.

That Still, Small Voice:

Before I fed my pets home-made food, every so often I would sort of wonder (and worry, a little) about their general health. I guess my instincts were telling me that I could do better by them. Now that I think of it, I haven't had one of those little haunting moments. I made a decision. I made a commitment to them to try my best to always feed only home-made food.

I attended a seminar this past fall, sponsored by Collie Network, a placement service for Collies, which my friend, Mary Lenertz helped organize. The

presentation was given by Dr. Stephen Tobin, then Present-Elect of The American Holistic Veterinary Medical Society. During the discussion on animal food, he advised the audience: "cats should never be fed dry food, as it sets the stage for a bladder infection". He also said: "Whatever you're making for your own dinner, so long as it isn't junk food, --make an extra plate for your dog." What a great idea! Bet we won't be seeing *that* advice on TV or in most magazines.

Seems that truth has a certain "ring" to it. All the cute commercials and magazine advertisements may have tried to reassure me that I was doing the right thing for my animals - feeding that dry, dead stuff - day after day, year after year. The reality is: I wouldn't eat it for even for one meal!

Yes, we all have just so much time. To make home-made food for our animals does take some extra time, and it *is* less convenient. But the fact is, we have to eat real food, so while we're at it, we can get an extra portion for our pets and make it up in a large quantity for the week (or longer and freeze it).

Was I Really Willing To Pay The Price?

Ask yourself these questions, as I have:

How is it possible that a big bag of dry stuff to feed the dog is so cheap?

How much could those ingredients cost the commercial manufacturer- that it could be sold so inexpensively? Better quality food *does* cost more, but the cost factor will vary depending upon the quality and quantity, and also the availability of the fresh ingredients. Buying in bulk helps keep the price down.

What may be the greater savings, ultimately, might be a long and healthy life of our companion animal.

Whatever is New seems to be Actually "Old Again":

There's a lot of people out there making their own animal food! After all, isn't that what our grandmothers did before that commercial stuff was available?

Just as some moms make their own baby food - preparing home-made pet food is the same idea with minor modifications. The routine soon develops naturally, as each person becomes more and more familiar with the method I've been using. It took me months of practice to fine-tune my technique. The satisfaction of feeding our beloved companions food they deserve is felt immediately - by the pets and their person!

Let's not forget that animals are individuals, like people. Adjustments can and really should be made for their individual dietary requirements and metabolism, such as quantity of food, and specific nutritional supplementation. It's always a good idea to consult with a knowledgeable vet.

I am still learning, in the beginning it was with the help of Dr. Kearns, who has since passed on, and now, I learn more and more by reading Natural Pet Magazine, books like Dr. Schoen's, newsletters, and "networking" with friends,

My inspiration for learning, for motivating me to go beyond the status quo, and make the home-made food comes directly from my wonderful teachers: Maggie Mae and Paco, who love me unconditionally.

The Difference I Noticed About My Dogs & Cats On Home-Made Food:

First of all, the dogs made the transition to my food much more quickly than the cats. This could be because the dogs were already eating half home-made/half commercial since I first adopted them as pups.

With the cats, I had to start very slowly, adding more home-made food to the commercial stuff, gradually, until their transition to totally home-made food was complete (the cats were like addicts-- "in withdrawal" from that commercial dry stuff). In the beginning, I added some cottage cheese or ricotta cheese and some olive oil to entice the cats, and that worked very well.

Once the transition to only home-made food was complete, in addition to really sparkling, bright eyes, these are some of the pleasant surprises I found happening to my animals when they ate only my home-made food:

~ The dogs ~

- ♦ trimmed down in weight, became more well-defined in body structure
- ♦ their fur became glossy, and thicker - Paco's (my Golden Retriever) got very luxurious- glistening gold in the sun!
- ♦ the shedding was about 80% less than prior years
- ♦ no more "hot spots"
- ♦ pads of paws lost the "rusty" color and odor was gone
- ♦ the black "gunk" virtually disappeared from their ears
- ♦ they act more like puppies- more playful and happier
- ♦ they have "puppy breath" again
- ♦ hardly ever any digestive upsets
- ♦ stopped eating "gross things"
- ♦ no tapeworms and they had very few ticks (in the season)

~ The cats ~

- ♦ lost that bloated, "fat cat" look, became sleek with well-defined body structures, their faces look more like they did as kittens.
- ♦ their coats became glossy, and The Big Kahuna's former thin, dry coat is now thick and beautiful
- ♦ are much more playful, rolling around, acting more like kittens again
- ♦ that black "gunk" isn't in their ears anymore
- ♦ no more abscesses from those "territorial disputes" with the neighbor's cats
- ♦ no hairballs or digestive upsets (litter box odor is much less offensive)
- ♦ no tapeworms and a lot less ticks

Plus, when my friend Anita and my niece Janine visited, their allergy to cats was almost non-existent compared to prior visits (before all home-made food was fed to my cats).

By The Way.....

Some folks say to feed everything raw, some say cook everything. I feed some raw, and some cooked (for example, rabbit and pork can have parasites). With raw meat, it's very important to wash all utensils and surfaces with hot soapy water, and rinse well. I don't feed my pets egg shells or raw poultry bones. I do feed plain yogurt - the dogs and cats like some occasionally (I've heard kefir is similar and good too). The proportions recommended by the experts vary also. I have mostly followed Dr. Schoen's guidelines and have added some ingredients with good results in my pets. My ingredients listed at the bottom of page 23 (INGREDIENTS LIST) are optional, I use them, and the quantities are not exact - just like making a stew! Bear in mind: Variety is the spice of Life!

About the venison: my husband, Robert W. Cauley (Wayne), is 25% Native American Indian (of the Creek Tribe - Alabama), a good hunter (on the New Jersey State Rifle Team and won a Gold Medal for the Team's 1,000 yd. competition in the '95 National Championships at Camp Perry, Ohio). He hunts on our land and when that buck presents himself, Wayne honors that native tradition, being grateful to the animal for this meat, and we process it ourselves.

I never feed chocolate to my animals, as it is poisonous to dogs. According to the S.P.C.A. Newsletter, even small amounts of a naturally occurring alkaloid in the cocoa bean can cause vomiting and restlessness in pets. Large amounts are fatal (baking type chocolate has more of the theobromine in it). I do use carob (a flour) in one of my treats recipes. Carob is not chocolate, but seems to have a somewhat similar flavor. Antifreeze and some plants are also toxic (see For Your Information section, page 26).

My pets are usually fed at the same time I eat. I really try to make dinner time as peaceful as possible. Their food is at room temperature (I take out the containers about an hour prior). They're fed twice a day and one meal a week is skipped, as a fast, which seems to give their digestive systems a rest. Fresh water is always available and several times a week the dogs get some fresh fruit in between meals (apples, bananas, and pears are their favorites).

I feed my dogs and cats on dishes which I could eat from, or stainless steel ones, including their water dishes (the quality of drinking water is also important). My friend, Nancy Jane Albin makes all-lead-free pet dishes (For Your Information section, page 26). I understand that some plastic dishes may contain dyes to which some pets are allergic. Aluminum is unacceptable to me.

While making food, I try to think all good thoughts - (their food and mine). I say things like "Bless all the animals who eat this food" and I say thank-you to the spirits of the animals whose meat is in the food. I have a sense that my "good energy" goes into the food just as much as all the other tangible ingredients.

Most of the time I trust my own instincts (getting better at this as I progress). When, or if, my pets need medical treatment, I do go to the vet. I prefer a Holistic or Complementary one who will utilize all the treatment modalities available for healing.

Look Before You Leap

Before getting started, some *important information* about:

The Transition to home-made food - it should be done gradually. I just increased the amounts of home-made food, while decreasing the amounts of the commercial stuff, until it was all home-made food that I fed. Again, the cats were more accepting of the home-made food when I added some cottage cheese or ricotta cheese and little extra olive oil in their food.

Please Remember:

The first time for practically everything seems to take longer than each subsequent time. It's probably because we're learning something new. But most of us have been cooking our own food --just that new recipes are tried when we have a block of time, and can be creative.

Being creative is one of the nicest reasons for me to make home-made animal food. I really enjoy trying out a variety of combinations. The two-step technique that I finally came to has worked very well for me, and my husband, Wayne is also proficient at it. It's really not so difficult to make our animals their food, it's just *different*!

How Much Food To Feed?

When I first started to feed *only* home-made pet food, both of my dogs and most of my cats were very overweight. I learned that because my dogs' breed originates in eastern Europe, oatmeal (an acidic grain) would be good for them. I knew that they were accustomed to that "full feeling" because that dry commercial stuff would swell-up when it absorbed liquid. I wanted them to take off that excess weight, yet not feel deprived.

So I decided to give them the extra food, only not the extra calories. I used one of my big pots to make up a big batch of plain, organic oatmeal. I used more water than the instructions on the bag called for, and just let it simmer on the stove for a couple of hours. I added more oatmeal and less of the "home-made food mixture" to their dishes every day, for a couple of months, and they trimmed down wonderfully. The extra benefit: I had a nice bowl of oatmeal for breakfast!

I also add some more meat, or some eggs, or ricotta or cottage cheese and some cold-pressed olive oil to the mixture which is to be fed to the cats, as they need roughly double the amount of meat and more fat than dogs.

My dogs are in the 70-85 pound range, and according to Dr. Schoen's guidelines in his book, Love Miracles and Animal Healing, they probably should each receive about 2-2 1/2 pounds of food each day. There many factors listed in his book indicating when adjustments to the diet must be made. My cats seem to just eat the amount that they need with the two feedings a day. Their appetites are good and all have maintained what appears to be their proper weight.

Seriously Consider:

1) Buying Organic And In Bulk Whenever Possible:

If nutrition is the Foundation of Health, then that foundation must be made of everything needed to provide for a healthy body. In nature this foundation is there when the young are nursed, especially with colostrum.

The immune system is absolutely critical in maintaining health. Many factors can adversely affect the immune system, such as stress (emotional, physical, & environmental), drugs and/or chemicals, and - poor nutrition, of course.

I think organic foods are better because they are free of pesticides, hormones, and other chemicals or heavy metals. They have more nutrition, double the amounts of nutrients, compared with the other type. It also promotes "sustainable farming" which is good for all of us sharing this Earth. I've found them to have more flavor, cook quicker, and many don't need to be peeled.

2) Using All-Natural Vitamin/Mineral Supplements, Raw, & Organic Items:

Many experts believe that the natural source makes all the difference in how the body is able to utilize the vitamin. The Natural form of Vitamin E is d-alpha mixed tocopherols (keep refrigerated), I use the liquid or powder. Natural Vitamin C Complex which has the bioflavonoids (keep refrigerated), has been recommended, as it is easier on their stomachs. Also, the Vitamin C and E are natural preservatives.

Some calcium sources may contain too much lead. I prefer lead-free, raw, bone meal or calcium lactate (500-600 mg per day is recommended for the average dog or cat), I buy the human grade, powdered, with less than 3 PPM (parts per million) of lead. It's *very important* that the ratio of the minerals have proper balancing, (beef is high in phosphorus, so I add calcium to balance it). Pat McKay says in Reigning Cats & Dogs, that food-grade bonemeal is the only supplemental form of calcium that is complete and safe, and it should be mixed with the raw meat, that one tablespoon of bone meal, per pound of meat, is sufficient for the average dog or cat. Do *not* use the garden-type bonemeal.

The raw garlic and pumpkin seeds seem to keep away the parasites, and are good food anyway. Parsley off-sets the strong odor of the garlic, and has a lot of nutrition (dried or fresh). I also add alfalfa and/or cress/dandelion (leaves from my (chemically untreated) yard, in season. Raw Wheat Germ is great (keep refrigerated). The kelp (powdered or meal), is a source of iodine which may help support the thyroid. The bee pollen granules seem to give an immune boost and may help discourage "garbage eating". I prefer liquid Barlean's Flaxseed oil or their Omega Twin (keep refrigerated, and do not add to warm ingredients). Aloe vera juice or gel (keep refrigerated) is said to be very healing, inside and out, I buy *only* naturally preserved brands. Cod Liver oil is added in the winter, as I'm told that it helps build warmth. The fresh sprouts are also loaded with nutrients. Only occasionally do I add a little honey or molasses to their food.

3) Being Very Particular About The Meat:

I don't buy *any* meat at the supermarket anymore. From my experience, (long stories), it is unacceptable, even from the "gourmet section". I grind my own with the meat grinder. The only ground meat I would *buy* is in the frozen-section at the health foods stores, and I think organic (the most expensive) is the best.

I prefer venison, turkey, chicken, (boneless breast & thighs), beef, and lamb, which I feed raw. Aside from the frozen bacon (nitrate & nitrite free) I don't care for pork, but if it is fed, it *must* be cooked. I roast the rabbit and duckling, using the pan juices for the blender mixing. Raw organ meat such as organic liver, gizzard, and heart are also fed about once or twice a week. The organ meat should be 15-20% of the total volume of meat fed. Of all the organ meat fed, the liver should be from an organically raised animal. This point, and the constant variety of types of meat cannot be emphasized enough! I buy in bulk to get a lower price. The Amish fellow (see resources section) sells certified organic poultry, partridge, pheasant, squab and quail. Also, a friend and I split the cost of a side of beef from a local farmer (all shrink-wrapped & frozen).

If there is ever any question in my mind about bacteria levels, I soak it in a solution of: one Tablespoon 3% Food Grade Hydrogen Peroxide to six ounces of water, in the refrigerator for an hour. Grapefruit seed extract solution is also useful for this purpose.

I prepare the meat as the very *last* ingredient added to the mixture (keeping it cold for as long as possible). Once the entire mixture is fully combined, it's packed in the containers and immediately placed in the refrigerator or freezer.

Every so often I feed each dog & cat a half (or a small whole), raw, boneless chicken thigh (with skins), and a whole, raw, chicken or turkey neck (with skins). I also feed the dogs raw marrow bones about once a week or so, and make sure that they get a bulky meal along with it. I read that the bones with some meat left on them helps to exercise their facial, head, and neck muscles, keeping the proper shape of their face and head.

I am at the point where my dogs and cats can eat larger chunks of the meat on a regular basis. This was arrived at slowly, over a period of months. When I feed the bones, it's at a time when I know I can be around for about a half an hour or so, just to be on the safe side, but the dogs and cats devour the thighs and necks in minutes. The cats love the raw marrow bones just as much as the dogs. I push out the remaining marrow with a spoon for them prior to disposing the bone. Note: leaving the bones around is definitely not a good thing to do.

4) Keeping With Variety - Something's Fishy Here:

Be careful of the source, as some fish may have come from polluted water. Red salmon is more expensive than pink salmon, catfish, haddock, carp - *all without the bones* are all big hits, especially with the cats. I broil the fish. They just love the fish dinners, and in a pinch I've put canned mackerel, sardines (high in calcium), or tuna in the mixture. They also like shrimp cocktail - what a life! But, remember that old saying about company and fish "It stinks after three days"? Well, *some* company might, but I find *all* the fish does!

5) An 'Egg-cellent' Dinner:

Eggs are another good source of protein to feed on a rotating basis. I buy only organically grown, free range eggs. Usually, I separate the yolk from the white, and feed the yolks raw (as the raw white can cause problems with assimilation of some nutrients). Then, I boil the egg whites for a few minutes to use in the pet food. I use the egg white water for the blender use. Many people feed eggs totally raw only occasionally.

6) Which Vegetables?:

Very lightly steamed or raw veggies, and organic is best. Many are available in the frozen section at the Natural Foods Store. Carrots, green beans, peas, zucchini, summer squash are favorites (cauliflower went over like a lead balloon). Cooked sweet potatoes (have the most nutrients), and yams are also good. These can be grated, or chunks can be put in the blender (with some water or broth) or grated in the food processor (my cats prefer them finely grated or "blended-up" in the blender). I lightly steam broccoli, kale, and spinach, as they are high in oxalic acid which interferes with iron absorption, and lightly cooking prevents that. The water left from steaming the vegetable is once again saved for use with the blender. I alternate the veggies which are high in vitamin A. But by far, their favorite is carrots, and the organic ones are sweeter. Onions are said to be not good for dogs, so I do not feed any. I do rotate the vegetables.

7) Providing An Additional Rotating Grain:

I cook (Step #1) the short-grain brown rice & rolled oats (which are my basics), *with* the additional "other" grain. That "other" grain is one of the following that I would select: flaked barley, spelt, or rye, whole millet, bulgur, quinoa (high in minerals), kasha, or buckwheat (high in bioflavonoids). However, hard wheat (also called wheat berries) and whole grains such as rye did not turn out very well for me, as they don't absorb much water so the grain mix turned out very soupy (the cats did not like them at all). This "other" grain is added to the two basics (the rice and oats) on a rotational basis, so that each batch I make has at least one different grain (for variety). Again: organic is best. I get the grains at the Natural Food Store. It is advisable to keep grains refrigerated. I take them out about an hour before cooking, to reach room temperature. The flaked grains absorb more water when cooking, so depending upon which rotating "other" grain is to be added, each batch will have a slightly different thickness to it's consistency. Note: some knowledgeable people suggest that short-grain brown rice is better fed in the colder weather, and long -grain brown rice is best in the warmer weather.

8) Eliminating Brewers Yeast:

When I stopped adding the brewers yeast, the smelly, red or "rusty" skin and fur on the underside of the dogs' paws (the pads) cleared up within weeks, the natural-colored fur grew in and the skin returned to normal. Instead, I add a food-source liquid B-Complex vitamin in their dish, or I follow Pat McKay's formula of : 70% montmorillonite clay (also called Bentonite or Redmond clay) and 10% each of alfalfa, dandelion and kelp powders.

9) Adding a little enzymes at each meal: I like Prozyme, with a money-back guarantee, and only 1/4 teaspoon per pound of food *fed in their dish*.

Items needed to prepare the Home-Made Food:

❑ **Very large Stock Pots with a lid:** Get 2 of the same size, if at all possible.

The size of the pots, (10,12,14,16,or 18 quart), depends on just how much food is to be made, and for how many animals are to be fed, and how much they need to eat. Heavy duty stainless steel is the only one I would get, and there's usually a good sale on them at the stores. I bought two so that I could evenly divide the cooked grain mixture into two pots, as it is very thick (dividing is much easier to mix in the additional ingredients). It becomes easier to stir after the other liquid ingredients are added. One quickly learns that the use of only one pot will overflow with the adding of the blender mixes. Plus, I then have one pot for making up a big batch of oatmeal while the mixed grains are simmering.

❑ **Very long-handled spoon:**

I found a great wooden spoon that's made for Chinese wok cooking. I've had my stainless steel spoons bend and break.

❑ **Long and /or Short handled rubber spatula:**

A short handled one will work just as well. I got two "Spoonulas" (a rubber spoon/spatula combination), one large and one small and they are very good towards the end, when it gets down to the bottom of the pot.

❑ **Sharp Chef's Knife**

❑ **Cutting Board:** Dr. Atkins says a wooden type is best. I seasoned mine with sesame oil.

❑ **Measuring spoons and cups**

❑ **Storage jars:** for herbs, seeds, etc.

❑ **Plastic containers:** I use clear plastic quart and pint sized containers with tight fitting lids so that I can see through it and tell which container has which dinner in it. Also, if it is to be frozen, leave at least an inch or so from the rim when filling as there is some expansion.

❑ **Paper towels:** these come in very handy if the phone rings when you're "up to your elbows" (or if your nose itches).

Useful Measurements/ Equivalents:

3 teaspoons -----1 Tablespoon

2 Tablespoons -----1 fl. oz.

4 Tablespoons -----1/4 cup

5 1/3 Tablespoons ---1/3 cup

8 Tablespoons -----1/2 cup

10 2/3 Tablespoons---2/3 cup

16 Tablespoons -----1 cup (8 fl. oz.)

2 cups -----1 pt.

4 cups -----1 quart (32 fl. oz.)

4 quarts -----1 gallon

Items Which Are Very Helpful:

□ Blender:

This I use to whirl up the seeds, veggies, herbs, etc., with the addition of pure broth and water. Evenly divide the blended mix into the two pots and keep up the blending until all of the ingredients are used. I have, on occasion, used my blender to whirl the meat but the food processor is better suited for that purpose. Again, these are regularly on sale, in fact I just bought a new one of each and they failed the first time I used them. Fortunately, I bought a really good brand and had total replacement guarantee.

□ Food Processor:

It works best if the meat is well chilled. It can be used instead of the blender, but will not hold as much liquid. This one item saves a great deal of time, and the clean-up is easier as the work bowl and blades are completely dishwasher safe.

□ Meat Grinder:

Can be used for the meat, but later, as the animals are accustomed to being fed the raw meat, small chunks can and should be fed. I bought the attachment to my stand mixer which comes in very handy. The consistency is just perfect when added to the grain mixture (plus, you can make your own hamburger).

□ A Large Serving Tray:

This is very useful for carrying all the two quart containers to the downstairs refrigerator or freezer.

□ Household Scale:

I picked up mine at a yard sale, but I've seen them in antique shops for a lower price.

□ Tote Carrier:

This can be a plastic type or cardboard, similar to the "six-pack" carrier. It's great for holding the various ingredients and carrying it from the pantry to the counter.

□ Spare Refrigerator and/or Freezer:

There's lots of ads in the classified section of the newspapers to get a good used one and it really comes in handy - all year long. I utilized mine long before I started making home-made animal food.

Grain / Water Ratios:

Some grains absorb much more liquid than others. For example, barley flakes absorb almost twice as much as quinoa. Because I always use a *combination of grains* in the pot of water, the exact consistency will vary a little. The average ratio I've figured for making the grain mixture is:

1 part grain to 3 ½ parts water

Getting Started:

It's very much like MAKING A STEW ONCE A WEEK or EVERY OTHER WEEK and... It's For The Animals! (and that's another story)

Here is An Overview of My Method:

I believe It's Essential to rotate the selection of the 3 main ingredients:
The Meat, the Vegetables, and one of the Grains

With Each Separate Batch: I Rotate the Meat, Grains, & Veggies

In other words, when I make a batch of the food, there's 2 separate steps involved, and then each batch of food mix has a different meat and vegetable.

Step #1 is the Grain Mixture, which I cook (the night before) and let cool.
(The details of this are on page 21)

Step #2 is combining the Vegetables and Other Ingredients into that Grain Mixture. (The details of this are on page 22)

For Step #1, The organic grains I use are:

rolled oats
short-grain brown rice,
other grain - and *this grain is different for each batch.*

For example, for one batch, I might be adding chicken thighs and carrots to the grain mixture. The next batch I would be adding a different meat and vegetable, say, turkey breast and green beans.

Therefore; each batch has a different meat, a different vegetable and one rotating grain in it.

For Step #2, (after the cooked grains are cooled - normally the following day)

I use the blender (for the veggies, seeds, herbs, etc.) and the meat grinder or food processor (for the meat) in order to prepare the ingredients, adding broth or diluted pan drippings instead of water, whenever possible. The blender mixing creates quite a bit of liquid which is needed to stir everything sufficiently. There's more about this later, but this should give the basic idea.

I Make The Batch of Food Mixture in Two Steps:

Step #1: The Grain Mixture:

First, I cook-up the grains as described in the following paragraph.

The next day, I begin Step #2 - blending all the rest of the ingredients which will be combined with the grain mixture - *after* it has cooled.

My cooking method for the Grain mixture is:

I fill a big stainless steel stock pot just to a few inches from the top rim with good, cold, water (let the faucet run for two minutes after it turns really cold). Put the lid on the pot. After it comes to a full, rolling boil, I *immediately* turn the burner setting to low and add the grains.

For an Average Batch of Food Mixture:

(a total of 2 1/2 qts. of grain, with 10 qt. pot, the yield is about 20-24 pounds)

The breakdown of the raw, organic grains which are to be added to the pot of hot water for the **Average Batch** are:

1/2 quart short-grain brown rice

1 1/2 quarts rolled oats

1/2 quart "other" grain (rotating with each batch)

such as: barley flakes, buckwheat groats, millet, quinoa, spelt flakes, kamut flakes, or kasha. (page 17, item #7)

I use a plastic container (recycled and left in the bag) to scoop the grains out of the bag and just pour them into the pot. Stand clear in case it bubbles up a bit. Then put the lid on. If it's sort of "foaming up", leave the lid ajar for a while, then cover it a little later when the foam dissipates. I stir it a couple of times while it simmers, (rinse the spoon and scrape off the stickiness), and once the rice kernels are completely open, it's cooked. And lastly, I then place the pot (which is very hot) in a cool spot (the cement floor in my basement - in the warmer weather, or the deck - in the cooler weather). I don't put it into my spare refrigerator until it is totally cool to the touch otherwise it will raise the temperature inside the refrigerator, which could spoil the food in it.

This is the end of Step #1. I always begin Step #2 when the cooked grain mixture is cooled.

I make a Giant Batch (5 qts. of grain, 18 qt. pot, yield about 40 or so pounds)

1 quart organic short-grain brown

3 quarts organic rolled oats

1 quart organic "other" grain (rotating with each batch)

It takes my *Giant Batch* about 40 minutes to come to a boil and 2-3 hours to simmer. I usually cook the grain mixture in the early evening, and then place it to cool overnight, then the next morning I put it into the refrigerator until I go on to Step #2, making the batch of food. *Note: the **Average Batch** will take less time to come to a boil, to cook and cool.*

Step #2 Combining the Grain Mixture with the Other Ingredients:

This Is Actually Making The Batch Of Food:

1) I divide the cooked, cooled grain mixture evenly into two pots in the kitchen sink. It will be very thick, but when the additional liquid is added (the other ingredients from the blender) it will soon be a smooth consistency. I try to break-up the grain mixture into the smallest pieces possible before adding the other blended mixes (otherwise there will be giant lumps in the batch of food).

2) In the blender, I pour some broth and some chunks of veggies. I use the "chop" setting for a bit. I want them to be finely chopped, not necessarily pureed.

3) Then, I pour even amounts into each of the pots containing the cooked grains.

4) Stir up to combine (it gets easier as more is added).

This procedure of 2), 3), and 4) is repeated until all the veggies are finely chopped (if too much liquid is used, the whole batch will be soupy, and undesirable).

Another Option for the Veggies is to grate them in the food processor, which works very nicely and much less liquid is used.

5) The same procedure is followed with all the other ingredients on the list, I just add as many at a time as the blender will accommodate with broth or water to help blend it up. Make sure to leave a few inches from the top rim of the blender for expansion or it will surely overflow. And keep the fingers and utensils out of it while it is operating! If the lid is not on tightly, the counter top and cabinets get "a whole new look". The blender does a much better job for me with the "other" ingredients than the food processor.

6) The Meat is the last ingredient I add to the mixture, in order to keep it cold.

Until the pet is used to the raw meat, it can be diced or whirled ahead of time and kept well chilled. In the beginning, the fastest, and easiest method is: chill the meat well, and then use the meat grinder or whirl it up in the food processor or blender to a chopped consistency (it will look like peach pudding if whirled more than a minute or so, but that's OK too). Really, the best method is to chop up the meat in small cubes, but it does take a littler longer. As the dogs and cats get accustomed to the food, the pieces may be a bit larger. I make a little extra portion of the meat and add it, with some oil, to the portion fed to the cats (they need about double the protein and more oil than dogs). My cats seem to enjoy some chunks and some "whirled" meat. The meals with at least some of the "whirled" meat, well-blended, seems to enhance the overall flavor.

7) Add equal amount of the meat to the two pots, stir it up really well (no more "flabby arms" after a while).

8) Scoop into the containers for refrigeration or freezing. Ta Da!

Refrigerated shelf-life is approximately 5-7 days (3 days for the fish dinners).

INGREDIENTS LIST:

All of the items listed here are human-grade. Each and every one has excellent properties which I utilize for good food.

Average Batch

(2) 10 qt. pots

(yield: 20-24#)

Giant Batch

(2) 18 qt. pots

(yield: 40-42#)

The Main Ingredients:

Meat, Grains, Veggies

Meat / Fish / Eggs (pg. 16, #3, & 4 also pg. 17, #5)

Dogs: 30-40% Cats: 60-70% (Dogs) about 6 lbs. about 10 ½ lbs

For cats only, adjust accordingly *

Grains: (pg. 17, #7)

Dogs: 40-50% Cats: 10-20% 2 1/2 quarts (dry) 5 quarts (dry)

Veggies: (pg. 17, #6)

Dogs: 20% Cats: 20% 2 pounds 3 1/2 pounds

The Other Ingredients: (page 15, item #2)

Apple Cider Vinegar 2½ Tablespoons 5 Tablespoons(⅓c)

Kelp (powder or meal) ½ cup 1 cup

Flaxseed oil (Cold Pressed) ⅓ cup ⅔ cup

Raw Garlic 2-3 cloves 5-6 cloves

Use the following , or a Multivitamin/mineral supplement:

Natural Vitamin E mixed tocopherols follow label dosage, adjust for weight **

Natural Vitamin C Complex follow label dosage, adjust for weight**

** also figure for mg. per day, depending on how many days your batch will feed (pg.14)

Lecithin Granules ½ cup 1 cup

**Bone Meal (raw, lead-free if possible) 2½ Tablespoons 5 Tablespoons(⅓c)
or Calcium Lactate**

My optional ingredients that I like to use:

Parsley (dried)	small handful	big handful
Alfalfa (dried)	very small handful	small handful
Raw Wheat Germ	small handful	big handful
Sesame Seeds (raw, unhulled)	" "	" "
Sunflower Seeds (raw, hulled)	" "	" "
Pumpkin Seeds (raw, hulled)	" "	" "
Bee Pollen (granules)	" "	" "
Cress or Dandelion Leaves	" "	" "
Aloe Vera Juice (nat. presvd.)	about 1 cup	about 2 cups
Cod Liver Oil (in the Winter)	about 1 Tablespoon	about 2 Tablespoons
Fresh Sprouts	a handful	a couple handfuls
Pure Broth / Water	1 quart (approx.)	2 quarts (approx.)

* I do add an extra amount of meat/fish/eggs and oil for the portion fed to my cats

Now, About those Treats:

Oatmeal and Carob Cookies: (yield about 2 dozen or so)

The Oatmeal (made using more water than usual) must be made in advance, as all the ingredients should be at room temperature. That extra oatmeal I have on hand comes in very handy when I make these cookies. Organic Ingredients are what I try to use. I got a non-aerosol, pump-spray bottle of oil at the Natural Foods Store which works well for greasing the cookie sheets. I keep all oil refrigerated.

I prefer to make the dough the night before, as the dough does need to get very cool - the slicing is easier (dipping the knife in a hot container of water frequently, which also helps). I usually double this recipe to try and keep some on hand in the refrigerator.

Ingredients:

2 1/2 cups	Oatmeal (cooked and cooled to room temperature)
1/2 cup	Carob Flour
3 1/2 cups	Flour (whole wheat, or other, can use combination)
1/2 cup	Raw Wheat Germ
1/4 cup (1/2 a stick)	Butter (softened) or Canola oil
1/4 cup	Molasses (unsulphured)
1	Egg (whisked)
1/2 cup	Powdered Milk (Goat's milk is great)
1/2 cup	Water
1 cup (total)	Carob chips (1/2 cup in the dough, 1/2 cup for topping)

Method:

- 1) Make the oatmeal, have it cooled to room temperature
- 2) Soften the butter
- 3) Wire whisk the egg
- 4) In a bowl add the flours, wheat germ, and powdered milk, combine well.
- 5) In a large bowl, add the oatmeal, butter, molasses, egg, water, and only 1/2 cup carob chips, combine well.
- 6) Add the flour mixture to the liquid mixture, combine well. The dough will be thick, using a long handled, sturdy spoon helps (I use my dough hook on the stand mixer, as it is just too much for my hand mixer). The ingredients need to be well combined in the dough (adjustments can be made by adding a little water or flour), but it should be very hard to stir at this point.
- 7) Form the dough into a ball and store in a plastic bag or covered container in the refrigerator for at least an hour.

When Ready to Bake The Cookies:

- 8) Preheat the oven to 300 degrees.
- 9) Grease the cookie sheets.
- 10) Form the dough into long "Italian sausage shapes" I make them about 2-3" in diameter (the larger around, the bigger the cookie). Sometimes I roll the "sausages" on rolled oats before slicing.
- 11) Slice the "dough sausages" on a cutting board, about a 1/2- 1" inch thick (if too thick they will take much longer to bake, and there will be a lower yield).
- 12) Arrange on the cookie sheet, press a couple of carob chips on top of the cookies.
- 13) Bake for about an hour. If they are over-cooked (some people shut off the oven and leave them in there to really dry out) the cookies will be almost as hard as rocks! My dogs like them even if they come out kind of hard.
- 14) Cool on wire rack, then store in a plastic bag or covered container in refrigerator.

Cheese and Garlic "Bones":

(yield about 2 dozen, or so, less if large "bone cutters" are used)

These are the "all time favorites" for my pets. I make a larger sized cut-out for the dogs, the cats like them about "dime" sized. The cheeses can be a combination of several types, the more "smelly" the better. It's best to grate it by hand, to get the right consistency. I also make the dough earlier, and bake the cookies later. I double or triple this recipe, because they never seem to last very long (I have to hide them from my husband!) The aroma fills the house and all the animals can't wait to have some. Refrigeration is a must. Again, organic ingredients, if possible.

Ingredients:

- 1 1/2 cups Flour (Whole wheat or other)
- 1 1/2 Grated Cheese(s) (Parmesan wedge, and/or other)
- 1 stick (1/4 LB) Butter (softened)
- 2 cloves Garlic (minced)
- 1 Egg (whisked)
- 1/2 cup Parsley (dried flakes or fresh-chopped)
- 1/4 cup Molasses (unsulphured)
- 2-3 Tbs. Milk

Method:

- 1) Soften the butter
- 2) Grate the cheese (by hand), then let it come to room temperature
- 3) Whisk the egg
- 4) Mince the garlic
- 5) In a large bowl, mix the grated cheese(s) and the butter until "creamy"
- 6) Add the egg, molasses and combine well
- 7) Add the flour, garlic, and parsley, mix well, and splash on some milk to moisten and form a ball. Place in a plastic bag or covered container in the refrigerator for at least an hour.

When Ready To Bake

- 8) Break the dough into manageable sizes, a little larger than what for pie crusts
- 9) Roll the dough between two large pieces of plastic wrap to help eliminate the dough sticking (Eleanor's secret).
- 10) Roll out the dough to about a 1/4" thick or so.
- 11) Preheat the oven to 375 degrees.
- 12) Use a cookie cutter ("Bone" shape is great, the cats prefer the little "star" which is part of a canapés cut-out set). Press out the forms and place on the ungreased cookie sheets.
- 13) Bake at 375 degrees for about 15 minutes. Don't over-cook.
- 14) Cool on a wire rack and store in covered container in the refrigerator.

For Your Information:

New, And Safer Antifreeze:

The Hunterdon County District S.P.C.A. Newsletter (Nov./Dec. '95) has an interesting article taken from the New York Times regarding toxic antifreeze and animals. It says that *even a small amount* of that sweet-tasting, fluorescent green liquid is a deadly danger to pets, and that wild animals die by the thousands each year from lapping it up. Animals drink it from puddles on the ground after it has leaked from cars or has been dumped illegally in streets, gutters, and parking lots. In addition, about 600 children under the age of six are exposed to antifreeze poisoning each year, according to the American Association of Poison Control Centers.

However, the good news is that the American Zoo and Aquarium Association started a national campaign, to get the word out about that sad fact, *and that **there is a safer antifreeze available***. One of the brands is Sierra, produced by Safe Brands Corporation of Omaha, (it is made with propylene glycol instead of ethylene glycol which is a poison that attacks the kidneys). Fourteen zoos in the US will switch to the new, safer formula of antifreeze that they will use in their vehicles.

Lead-free Pet Food Bowls:

Nancy Jane Albin 908/ 537-2714

All made by hand, one-of-a-kind Designer Bowls, all lead-free (clay, paint, and glaze) and functional! Coming soon: *single bowl*, raised-stands, for tall or elderly dogs.

Plant-Based vs. Clumping ("Deadly Convenience") Cat Litter:

I stopped using that clumping and clay type litter box filler after reading a couple of magazine articles in two magazines: NaturalPET magazine Mar./Apr. '95, by Lisa Newman, ND, of Holistic Animal Care (Resources), and Tiger Tribe, Jan./Feb. '95 by Marina McInnis. Both articles detail the deadly consequences the authors experienced most likely as a result of using the clumping/clay type of kitty litter.

It is important to remember that the cats lick themselves and some dogs are known to "raid the litter box", and thereby ingest the clumping litter. The clumping-agent is said to swell to approximately 15 times its original volume and will wreak havoc on the intestinal tract of our feline (and canine) friends. It appears the kittens are most at risk. The chemical which is activated with moisture, is also in the dusty air, when cleaning and changing the litter box. This is air which we all inhale, and remember, we all have moisture in our bronchial tube and lungs.

The authors agree that the best alternative for a safe kitty litter is a plant-based litter. There are many good ones on the market. My personal preference is "Gentle Touch Products" (made from Aspen Tree Bark). It smells very fresh, lasts longer than most, and is biodegradable. I no longer use the "slotted-type" scooper, but an old big vegetable spoon (long handle) and it works very well. The wet litter is softened and darker, which makes it easier to identify and remove.

The Gentle Touch Products Cat Litter is available from KV Vet Supply 800/ 423-8211 or to find a local distributor, call 402/ 371-3311.

Careful Of The Plants: Poison Control Center 800 / 962 -1253

excerpt from GRREAT Newsletter - adapted from PT Moranimal News and material provided by the Edgewood-Joppatowne Veterinary Hospital, Edgewood, Maryland

African violets	Eggplant*	Petunia	Tomato*
Amaryllis bulbs	English Ivy	Philodendron	Tulip bulbs
Boxwood	Eucalyptus	Potato*	Wisteria seeds
Caladium	Honeysuckle	Prayer Plant	* denotes sprouts and
Dumbcane	Hydrangea	Primrose	green growth only

An Additional List (from Leaflet #1 of The Dog Owners Educational League, Inc.)

c/o Mrs. Billie McFadden, 20 Dogwood Dr., Flemington, NJ 08822

Autumn crocus-----Bulbs cause vomiting and nervous excitement.

Azaleas-----All parts of plant are fatal. Produces nausea, vomiting, depression difficult breathing, prostration and coma.

Bleeding Heart-----Foliage may be poisonous in large amounts. Have proven fatal to cattle.

Buttercups-----All parts have irritant juices which may severely injure the digestive system.

Castor bean-----Seeds are fatal. One or two castor bean seeds are near the lethal dose for adults.

Daffodil-----Bulbs cause nausea, vomiting, diarrhea. May be fatal.

Dutchman's Breeches-Foliage and roots may be poisonous in large amounts. Have proven fatal to cattle.

Elderberry-----All parts except berry. Children have been poisoned by using pieces of the pithy stems for blowguns. Nausea and digestive upset.

Foxglove-----Leaves are one of the sources of the drug digitalis. In large amounts causes irregular heartbeat and pulse, digestive upset and mental confusion. May be fatal.

Golden chain-----Bean-like capsule causes severe poisoning. Excitement, staggering, convulsions and coma. May be fatal.

Hyacinth-----Bulbs cause nausea, vomiting, diarrhea. May be fatal.

Iris-----Underground stems cause severe digestive upset but not usually serious.

Jack-in-the-pulpit-----All parts, especially roots contain small needle-like crystals of calcium oxalate that cause intense irritation and burning of the mouth and tongue.

Larkspur-----Young plant and seeds cause digestive upset, nervous excitement, depression. May be fatal.

Lily of the Valley-----Leaves and flowers cause irregular heart beat and pulse, usually accompanied by digestive upset and mental confusion.

Mistletoe-----Berries are fatal. Both children and adults have died from eating the berries.

Narcissus-----Bulbs cause nausea, vomiting, diarrhea. May be fatal.

Oleander-----Leaves and branches are extremely poisonous. Affects the heart, produces severe digestive upset and has caused death.

Poinsettia-----Leaves are fatal. One leaf can kill a child.

Rhubarb-----Leaf blade is fatal. Large amounts of raw or cooked leaves can cause convulsions, coma, followed rapidly by death.

Yew-----Berries and foliage are fatal. Foliage more toxic than berries. Death is usually sudden without warning symptoms.

Please see your physician immediately if any of these plants or flowers are taken internally. (The plants and flowers listed here only represent a partial list of the most common variety of flowers and plants found in the home or garden.)

Fleas - Fleeing:

Because my pets are on only home-made food, I don't seem to have much of a problem with fleas anymore. It could be the garlic and the apple cider vinegar in the food simply repels them.

Regular vacuuming is essential if one wants to be rid of fleas. The vacuum bag must be emptied after each use, then put it in a bag, seal it, and put it in the trash barrel.

Using a fine-tooth comb on the pet (outside) as often as possible (daily) is very helpful. In the past I'd read that the fleas live mostly off the pet, now it seems that just the opposite is true. Therefore; bathe the pet fairly often to get rid of the fleas. Now, I learned at a recent seminar that the garlic takes about six months to reach the oil in the pet's fur, and if bathed more frequently than that, all the garlic in the fur oil is washed away! I add some essential oils to the shampoo anyway, just as a flea repellent.

One of the products which I've found to be very effective in the past is Precor 1%. It is an insect growth regulator (IGR), which doesn't kill the adult fleas, it just doesn't allow the eggs or larvae to hatch. I've found this in a few catalogs for around \$10. It comes as a small vial and is to be mixed with water and sprayed throughout the house. One spraying is good for about 6 months, or so. Any shampooing of the carpeting or washing the floor will remove the spray.

Other products which work well are: Borateam or Borax (available at the supermarket in the detergent section) and Diatomaceous Earth. Vacuum first, then sprinkle where the pet spends any time. Last spring I bought BioFlea Halt, Indoor, and Outdoor types. This product contains little nematodes which feed on the flea eggs and larvae. I haven't used it yet, but other people I know have tried it and like how it works.

I stopped using those flea collars, dips and sprays with the very toxic chemicals in them. Many years ago, my Maine Coon cat, BJ, (who has passed on, at the age of 3!) had convulsions immediately after spraying him with a can of flea spray that I bought at my vet's office. It was horrifying. I have only used the safer products since then.

When Something Stinks...and It's the Dog (or Cat)!

Well Paco got sprayed by a skunk last fall, and my friend, Bill Gill, faxed me a "Skunk Antidote" which he read in Popular Science. I had already used some Nature's Miracle Skunk Odor Remover, and bathed him, which worked, but thought I'd share the fax:

Chemistry: Skunk Antidote by Steve Nadis

Paul Krebaum knows a thing or two about smells. As a chemist at Molex, Inc. in Lisle, Illinois, he occasionally tangles with vile-smelling substances. When the stink becomes overpowering, Krebaum relies on chemical tricks to spare his nose.

Krebaum faced perhaps his biggest challenge when a colleague came to work fretting about a pet cat that had waged a losing battle with a skunk. The recommended antidote, tomato juice, had failed to rid the cat of its repellent odor, and the still-reeking pet had been banished from the house.

Krebaum leapt to the rescue, prescribing a concoction – a quart of 3 percent hydrogen peroxide, a quarter cup of baking soda, and a teaspoon of liquid soap—that saved the malodorous feline from exile. The man bathed his pet in the solution and applied a tap-water rinse, and the smell instantly vanished.

The success of the recipe stems from Krebaum's extensive experience with "thiols" --- chemicals that impart a stench to skunk spray, decaying fecal matter, and decomposing flesh. The remedy Krebaum prescribed neutralizes thiols by inducing them to combine with oxygen, supplied by the hydrogen peroxide.

Krebaum has not tried to market his skunk potion, because there is no way to store it. ***"If you put the ingredients in a bottle, the whole thing would explode," he warns.***

About Yearly Vaccines :

I attended Dr. Dodds' seminar in March '96 and learned a lot about vaccines and the thyroid levels. First of all, *only healthy animals should be vaccinated*. It is not advised to vaccinate animals who are very old, or any animal that may have a health problem, such as: allergies, ear problems, teeth problems, skin problems or fever or even if the animal has had a trauma or stressful event.

Dr. Dodds warned against overvaccinating certain breeds / families, for example, Akita, Weimarer, and harlequin Great Dane. Some breeds have Von Willebrands Disease (a bleeding disorder), and this should be tested for prior to surgery such as spaying. She said not to vaccinate if your female is in heat, or just prior to heat, pregnant or lactating. Do not give multiple vaccinations at one time.

The optimum age for vaccination is 12 weeks for puppies and 10 weeks for kittens. Orphaned pups have maternal antibodies, as 20-30% of antibodies cross the placenta. There is a lifetime immunological memory that's measurable.

An alternative to routine boosters are annual vaccine titers, not regular titers against common infectious agents, but not for chronically ill, allergic, or immuno-compromised animals. The vaccines affect the thyroid gland, and the thyroid affects smooth muscle (incontinence). She said that 40% of animals with chronic skin problems benefit from thyroid therapy, whether or not they are hypothyroid, and it takes months to correct.

Vaccination is not necessarily immunization or protection against disease, and the vaccines are not 100% effective. Most licensed vaccines do not have to establish 100% efficacy to be licensed. Rabies vaccine is only 87% effective. FeLV vaccine may only be 40% effective.

Note: For humans, the frequency of a vaccine reaction of one in 100,000 and one in a million is considered high (we stopped using the Polio Vaccine when 6-8 people got polio from the vaccine), whereas in our animals, the frequency of adverse reactions is .01-.02% (one in 10,000 to one in 20,000) which is an unacceptable, high level.

Vaccine reactions may not necessarily be right after injection, but can be 24-30 days later, usually it's the second dose. If our animal has a reaction, we are to go to the vet and insist on telling the vet, and be sure it's written on the chart (lot # and name of vaccine manufacturer). Then we are to contact the vaccine manufacturer, with the lot number, and then call the USDA Biologics Hotline: 800/ 752-6255 to match the reports.

There is also some question regarding giving even the initial vaccination shots (see back cover). I've also been reading and hearing of some very disturbing reactions, such as seizures and aggression, which are shocking. Rabies is a legal issue.

The following article appeared in the JOURNAL of the American Holistic Veterinary Medical Association, May-July 1995, Vol.14, No. 2, Page 7, and is reprinted here with the kind permission of Dr. David M. McCluggage.

VACCINATIONS IN VETERINARY MEDICINE - A NEW PERSPECTIVE

David M. McCluggage, D.V.M.

The San Diego Veterinary Medical Society held a two day symposium May 6-7, 1995 titled New Faces of Immune Mediated Diseases and Current Concepts in Vaccine Immunology. The first day was devoted to immune mediated diseases, and the second day dealt exclusively with vaccinations in companion animals.

Fred W. Scott, D.V.M., Ph.D., Cornell University, emphasized feline diseases and vaccinations. Ronald D. Schultz, Ph.D., University of Wisconsin, covered canine immune mediated diseases and vaccinations. David M. McCluggage, D.V.M., Chapparral Animal Health Center, Boulder, Colorado presented the holistic perspective on vaccinations.

All three speakers agreed that there is **no justification for current recommendations that emphasize the need for annual vaccinations.**

Dr. Scott indicated that until more data is available, veterinarians could safely recommend revaccinating for rabies every three years, and feline panleukopenia could be given every three, five or even every seven years. He did indicate that feline panleukopenia is an exceptionally effective vaccine, providing excellent immunity. He has a specific pathogen free (SPF) group of cats in which he has been following titers for feline panleukopenia, feline herpesvirus (Rhino tracheitis), and feline calicivirus. It is particularly significant that he is testing persistency of titers in SPF cats, because there is no exposure to natural infections which would boost titers following vaccination. He has seen protective titers for feline panleukopenia in 100% of the cats he has tested for four years following vaccination (they have not been re-vaccinated in that period of time). Feline herpesvirus has shown protective titers in 100% of the cats as well. Feline calicivirus showed protective titers in 60% of the cats tested. It is interesting to note that titers actually increased slightly between the third year and the fourth year for calicivirus, although the percent of cats showing protective titers did not increase between the two years. The study is ongoing and he will continue to collect data on the cats in future years.

Dr. Scott also covered feline leukemia virus vaccines. Although most feline leukemia virus vaccines are not particularly effective, he did mention two that provided good protective titers in tested cats. They were Fel-O-Vac, Ft. Dodge Laboratories, and Fevaxyn-FeLV, Solvay Animal Health. Both showed what he termed a protective factor of 91%. He also emphasized that to control FeLV, **testing and isolation of affected cats** (not vaccinating) was the key factor. FeLV incidence has decreased since the introduction of the vaccines, but he could not say if that was due to vaccination or testing and isolating FeLV positive cats. He also covered chlamydia vaccine, and did recommend its use in high risk cats.

Dr. Schultz believes that the only significant disease in dogs today is canine parvovirus. All the other diseases we vaccinate for have either decreased in incidence to fairly insignificant levels, do not provide good protection or have had no place in canine vaccine protocols from the beginning for various other reasons. Killed virus vaccines are not effective. Only high titer modified live virus parvovirus vaccines are capable of breaking through the lingering maternal immunity. He emphasized that between the time the maternal immunity begins to wane and when most parvovirus vaccines are capable of providing immunity can often be as long as 10-15 weeks. Maternal immunity often begins to wane at about five to six weeks, and the pups become susceptible to the disease. Even in the face of vaccinating with most parvovirus vaccines, the pup remains susceptible until about 16-22 weeks. This is the reason many vaccinated puppies develop clinical infections. After 22 weeks almost any vaccine can provide immunity, but by that time, the dog's immune system is strong enough to fight off the infection. Due to maternal antibodies blocking the development of vaccine induced immunity, it becomes critical to only use the high titer parvovirus vaccines. They are capable of breaking through the maternal immunity block and protect the pup. His favorite parvovirus vaccine is Intervet's Progard, and he also believes that Fort Dodge's Durammune is a good vaccine.

He does not particularly advocate the use of canine vaccines other than rabies and canine distemper. In specific situations where there is a risk of high exposure, he might recommend certain other vaccines. Canine distemper is almost never seen any more, so the need to vaccinate for it is small. Because of the severity of canine distemper, he still recommends vaccination. For legal and public health he advocates vaccinating for rabies.

A minimal vaccine protocol for veterinarians, according to Dr. Schultz, might be a monovalent parvovirus vaccine at about 8-10 weeks and repeated again at 12-14 weeks. He also recommended a monovalent canine distemper vaccine at 6-8 and again at 14-16 weeks. Rabies vaccine should be at about 12 weeks of age. He did not see the need to vaccinate for any of these diseases after the initial vaccine, unless the parvovirus vaccine used earlier was not one of the two he recommended. Then he would recommend a single dose of one of the two parvovirus vaccines previously mentioned. If the dog was older than 22 weeks, even if one of the less effective vaccines were used, he did not necessarily recommend re-vaccinating with one of the two high titer vaccines.

Since canine distemper does not come as a monovalent vaccines, Dr. Schultz said that it would be acceptable to vaccinate twice with canine distemper/measles vaccine.

Dr. Schultz was not particularly impressed with the need to vaccinate routinely with any of the other canine vaccines that are available. Animals known to have higher exposure to one of the several other diseases that have vaccines available could receive vaccination for those diseases. He gave minimal vaccine protocols for these vaccines as well. He mentioned that leptospirosis is the vaccine that most commonly leads to anaphylaxis, and all of the leptospirosis cases that the University of Wisconsin has seen in the last few years was not due to the leptospirosis strains present in the vaccines.

Dr. Schultz discussed modified live versus killed vaccines, and believes that some MLV vaccines are necessary (eg. parvovirus) and should be used. At other times killed vaccines (eg. rabies) should be used when they are effective. He did not agree with the general view that killed vaccines are always preferable to MLV vaccines, because the first criteria for a vaccine is that is effective and provides immunity. Also, killed vaccines do contain a much higher level of virus particles. Sometimes the immune response killed vaccines produce lead to immunopathological disease at time of infection rather than protection.

Dr. Schultz stated that there is no reason to vaccinate companion animals on an annual basis, unless it is used as a method to bring animals in for yearly exams.

As a general rule, Dr. Schultz would prefer all vaccines be available as monovalent vaccines to allow for an individualized approach to vaccination. But, he does not see any scientific evidence that any of the currently available polyvalent vaccines are causing any problems with vaccine interference or immunosuppression.

Both Dr. Schultz and Dr. Scott believe that the killed rabies vaccines on the market provide good protection for the three year duration for which they are licensed, and probably far longer.

Dr. McCluggage covered the holistic perspective on vaccinations. He stated that veterinarians must re-educate the public about the importance of vaccinations as a method of maintaining their companion animal's health. He pointed out that there is good epidemiological evidence that most of the major diseases of man that are being vaccinated for declined primarily due to reasons other than vaccination. Vaccines are certainly effective at times, but can never be expected to be as significant as good nutrition, proper sanitation and isolation of affected people or animals. Testing for diseases and isolation of carrier animals is far more effective than vaccination.

He stated that we must stop advocating yearly vaccines because of the harm we are doing to the animals we vaccinate. He covered the homeopathic concept of "vaccinosis". Vaccinosis is a disease entity that may be introduced through vaccinating animals or people. Once vaccinosis develops, there is a disturbance in the bodies vital forces that leads to symptoms of chronic disease that can be very difficult (and often impossible) to cure.

Dr. McCluggage also stated that veterinarians should not vaccinate for diseases that have little mortality. Natural immunity provides far better immunity. Diseases that only produce morbidity

should not be vaccinated for, due to the risk of vaccinosis and the allopathically recognized side effects such as immune mediated diseases and anaphylaxis.

Dr. McCluggage recommended that animals receive a vaccine protocol similar to Dr. Schultz's minimal vaccine protocol mentioned above, and that no boosters be repeated after the first series. He stated that **there are no good reasons to recommend annual vaccinations for our companion animals**. For clients Interested in a holistic approach, nosodes should be employed instead. Dr. McCluggage discussed alternative methods to run a profitable veterinary practice, including utilizing alternative modalities such as acupuncture and chiropractic medicine. He also pointed out that veterinarians can distinguish themselves from low cost clinics and vaccination clinics by advocating high quality individualized medical care.

By the end of the symposium it was clear that all of the speakers agreed that animals are over-vaccinated today. A new approach is needed or the general public will tend to lose confidence and the high degree of respect veterinary medicine currently enjoys.

We Humans have the Center for Disease Control (CDC) and the National Institute of Health (NIH)...What do the Animals have?

Most of the holistic magazines and newsletters have articles on vaccinations, with the latest information available. Many address vaccine sarcomas and "myasms".

The following was sent to me and reprinted with the kind permission of John Watt from England. I made some clarifications in the brackets. They have a very good newsletter and this Census article really made me THINK!

What is the Canine Health Census?

The Canine Health Census is an independent survey that seeks to discover how we can help our dogs to live long, healthy, lives. It is organized by dog lovers for dogs. It was started by John Watt and Catherine O'Driscoll after their beloved Oliver, a four year-old Golden Retriever, died suddenly and mysteriously, then his sister Prudence died of leukemia. Many people will understand the devastation people feel when their friend dies - John and Catherine were heartbroken.

They started asking why? Why do nearly a quarter of all dogs die of cancer, rising to 46% of those over the age of ten? Why do so many dogs suffer from hot spots and allergies and arthritis and fits and thyroid problems and heart problems and leukemia and diabetes and . . . what is happening to our dogs? Do you remember when dogs used to die of old age? Why is it always the special dogs that die so young? Why is it always the dog who has been loved and cared for; who was always taken to the vet; who received the best care money could buy? Why? What is happening?

The experts disagree.

Why do we need an independent survey organized by dog lovers for dogs? Why not leave it to the experts? Because the experts disagree with one-another!

Ian Billingham, an Australian vet and author, believes adamantly that commercial pet food can take five years off the average dog's life. He believes that many of the problems our dogs face in the modern world - infertility, periodontal disease, arthritis, hip dysplasia, etc. - are a direct result of inadequate feeding. But ask your vet what he thinks - he's probably selling selected processed pet foods.

Ed Dorosz, a Canadian vet and author, also believes that our dogs would fare better if we prepared their food ourselves. He advised: if you don't know what's in it, don't buy it. Can you understand, fully, what is in the tin or packet from the information given on the label? Do you know what ash, or 'animal derivatives' or 'meat byproducts' are? The Pet Food Manufacturers Association, a trade body, states in its own literature that many of the ingredients in pet food would be thrown away if we didn't give them to our dogs! If your dog has eaten processed pet food all his life, we want to know how healthy he is. If he has eaten 'natural' food all his life, we want to compare the results.

Alfred Plechner, an American vet and author, believes that processed pet food, plus in-breeding of pedigree dogs, is causing an "epidemic of death and disease". He bases his theory upon years of practice as a vet. But he is rarely listened to by his fellow vets.

Vaccinations

If you love your dog, and listen to your vet's advice, your dog is vaccinated annually. Why do we need to vaccinate dogs every year? Why do children only get vaccinated once or twice? Does your dog get sick and have diarrhea after he's vaccinated?

Jean Dodds, an American vet and researcher, believes that modern 'multiple live virus vaccines' are damaging our dogs' immune systems. She believes that diseases such as cancer and hypothyroidism and epilepsy, are directly connected to the current vaccination regime. Ronald D Schultz, a top American veterinary immunologist, states clearly that there is no scientific basis for annual revaccination: once the virus has been introduced into the body, antigens remain in the system. Countless other vets have been quoted as saying that vaccines are harming our dogs.

But dare you ignore your vet's advice? If you love your dog, what do you do? Already, over two thousand dogs have taken part in the Canine Health Census. Many of their owners are telling us that their dog started limping three days after their booster shot, and the limping turned out to be arthritis. Others are saying that their dog developed colitis or had fits [seizures] after their annual vaccination. Is there a connection, or is it just coincidence? Other dog owners have told us that they never revaccinate their dogs, and they say that the dogs are living to 15 or 16 years of age, with rarely a need to visit the vet.

By sharing your experience, you could help dogs in the future. You could help us to settle the debate once and for all.

Pollution

Do you live in a town or city, or do you live in the country? Our city-dwelling Census participants often tell us that their dog is affected by petrol [gasoline] fumes, with post-mortem results to prove it! Country-dwellers have recounted tales of their dog being deluged with crop [pesticide] spray. They wonder whether this is why their dog later died of cancer, or aborted a litter. By adding your dog to the information pool, we might be able to discover how dangerous agricultural chemicals, or vehicle emissions, really are. We might, together, do something to make the world a safer place for our pets, and for our children. At the very least, we might educate ourselves to think twice before using certain chemicals.

Already, we know that certain commonly-used chemicals can cause cancer and leukemia - in dogs and humans. Certain garden chemicals have been directly linked to cancer in dogs. The same chemicals, used in agriculture, are thought to increase the incidence of cancer in farmers.

Some dog owners have been able to stop their dog having epileptic fits [seizures], simply by changing from a plastic food or water bowl to a metal or ceramic bowl. Others, notably the Oregon Greyhound Rescue, say that thyroid problems have been cured by filtering the dogs' water.

Or consider flea collars: did you know that many flea collars contain carbaryl? Do you know what carbaryl has been shown to do to animals in laboratories? It causes cancer, mutates cells, and causes birth defects. How safe is it for your dog to wear a flea collar around his neck for up to four months? And why do the manufacturers tell us to stop our children touching the collar? And the flea sprays - read the instructions. Are you told not to breathe in whilst spraying your dog? Can you tell your dog not to breathe? And what's in all the flea killing shampoos? One of them, at least, contains a chemical that has been shown to cause cancer if taken in through the skin! The manufacturers say they're safe if we use them correctly - but are they? You can help us to find out.

And is there a safer way? For example, Alfred Plechner tells us that a dog fed a natural diet with mineral supplements is virtually flea proof. Have you experience to share in this light?

Drugs [Prescriptions]

You take your dog to the vet with a skin infection. Your vet gives your dog a steroid injection.

The skin infection clears up. Later, you discover your dog has kidney disease. Is there a clear connection between the steroid injection and your dog's diseased kidneys? You don't know. But we do know that steroids are known to damage kidneys. We also know, from the drug [pharmaceutical] manufacturers' own data sheets, that steroids can cause liver damage, brittle bones, diabetes, adrenal insufficiency, an inability to deal with stress, and damage to the immune system.

But, again, we have a dilemma. If your dog has a skin infection, you need to do something about it. You need to help your dog to get better. Many participants of the Census have been telling us that they used herbs and homeopathy, as well as diet, to cure their dog. By sharing knowledge, dog owners may be able to find a safer way.

Quite a few Census participants have questioned the 'family planning' injection. They wonder whether hormones might have something to do with their dog's early demise. Jean Dodds says that hormonal imbalances are connected to diseases of the immune system. Ian Billingham says that hormonal imbalances arise from faulty diet . . . Again, by comparing notes on a large scale, WE CAN DISCOVER HOW TO CARE FOR OUR DOGS BETTER.

Did you know that a misalliance injection - to stop your bitch [female -canine] having puppies - has a one-in-a-hundred chance of causing bone marrow failure? Death? How safe are other [prescription] drugs? Do we dog owners understand the risks, or do we abdicate responsibility for our dogs' lives?

Your dog looks at you with love and trust in her eyes. It's time we dog owners stopped handing that trust over to strangers. Did you know that the Veterinary Medicines Directorate - which is the UK's 'official watchdog' for [prescription] drugs used on animals, is financed through the payment of fees from industry? Did you know that industry employees sit upon 'expert' panels at the Ministry of Agriculture Fisheries and Food? Did you know that your vet may have been educated in nutrition by employees of pet food companies, or that he is continuously 'educated' about drugs by sales representatives from pharmaceutical companies?

Who, apart from you, will put your dog's life above all other considerations?

Isn't that a bit cynical? Maybe. Maybe not. We know that there are plenty of consumer organizations to protect the interests of human consumers. But there's nothing to protect our pets. We have, for many years, assumed that manufacturers have our dogs' best interests at heart. Have we been too trusting? Maybe we should trust everyone who sells products into the multi-billion pet industry?

But if that is the case - why are our dogs dying? Caveat emptor! Similarly, if one vet is telling you that you must vaccinate your dog, and another is saying it's dangerous, who do you go with?

Perhaps, as some experts have pointed out, we should blame the breeders? But surely it's not as simple as that? Remember the Thalidomide drug? Remember that it caused birth defects in children whose mothers had taken the drug? Do you know what is happening now? The children who were born deformed and without limbs as a result of the Thalidomide drug are having their own children, and many of their children are being born deformed and without limbs - so the drug has gone into genetic memory. So what causes genetic defects in the first place?

Is it natural to expect dogs to be born with inherent defects? And how can breeders prevent this happening? One of the Census panel of experts, Dr. Ian Macadam, believes that we can breed cancer out of our dogs. But, again, he is rarely listened-to by his peers. Dog owners, who must sit with their dogs as they die, can have a voice by taking part in the Census.

Census funding

Although the Census organizers have been offered sponsorship by companies selling into the pet industry, we have declined their offers. We believe it is vital that we remain independent.

By taking part in the Health Census - by donating £5 towards costs (US:\$11, Can\$15, Aus\$15, NZ\$17 or similar foreign currency equivalents) and filling in detailed questionnaires about your dogs - you are taking

an important step. The psychiatrist M Scott Peck defines love as, 'giving your attention to aid your beloved in their growth'. You are actively demonstrating your love for dogs when you take part in the Census.

In return for your donation, you will receive the findings free. We must stress that the organizers - John Watt and Catherine O'Driscoll - are not making any money from this research. Indeed, they have supported the Census to the tune of several thousand pounds. Similarly, none of the experts on the Census team is being paid for his or her time. We expect the costs to be as high as £90,000 - and we rely upon your support, for the sake of our dogs.

Finally, if you are an old age pensioner or unemployed, and cannot afford £5 or \$11 etc., then please take part anyway. Most importantly, we need your knowledge and experience. If you write to us, or if you send off for questionnaires (please state how many questionnaires you would like), you can do one small thing to help:

please enclose a large stamped self-addressed envelope [9x12, not stamped].

Our Census Team of Experts includes:

Christopher Day, MA, Vet. MB, MRCVS, Vet. FF. Hom.; Richard Allport, B. Vet. Med., Vet. MF Hom., MAPMC, MRCVS; Ian Billingham, BVSc, BSc. Agr, Dip.Ed.; Alfred Plechner, DVM; Jean Dodds, DVM; Ian Macadam, Ph.D., MRCVS; Jane Fraser, MRCVS, B. Vet. Med.; Michael Brookman, herbalist; Keith and Chrissie Mason, BRCP, Ph.D.; Sheila Bailey and Erica Peachey BSc, canine behaviorists; Ed Dorosz, DVM, BSA; and John Watt, MSc. We also have the support of many breed and rescue clubs from around the world.

The Canine Health Census, PO Box 1, Longnor, Buxton, SK17 0JD, U.K.

John Watt's e-mail address: john@dogcensus.win-uk.net

People Helping Animals "Bless their hearts!" ... as my mom used to say.
(all donations are tax-deductible and gratefully acknowledged)
to follow is just a sampling:

Golden Re-Triever, Inc. (New Jersey) Robin 201/ 564-9075

Yankee Golden Retriever Rescue, Inc. (YGRR) (New England) 508/ 795-4091
PO Box 189, North Reading, MA 01864 Membership dues \$20 (US), has a quarterly magazine and newsletter (information very helpful for other dogs, too).

Golden Retriever Rescue, Education & Training, Inc. (GRREAT) 703/ 620-6593
(Maryland, Virginia, and the District of Columbia, and parts of Pennsylvania and Delaware), PO Box 3069, Falls Church, VA 22043-0069 excellent newsletter.

Collie Network Mary Lenertz 508/456-8473, or Linda Holway 508/ 392-9117
Located in Massachusetts. A placement service for Collies.

Best Friends Animal Sanctuary 801/ 644-2001
Kanab, Utah, 84741-5020

The largest no-kill sanctuary in the United States. Has an informative magazine.

National Animal Health Alliance (NAHA) 352/ 583-6375
PO Box 060731, Palm Bay, FL 32906 Non-profit, educational organization. Speaks out against the toxic environment without compromising with the GIANTS in industry and retail.

The American Society for the Prevention of Cruelty to Animals
Membership Service Center, CN 2042, Toms River, NJ 08754-9925

Friends of Animals
777 Post Rd., Suite 205, Darien, CT 06820

Spring Farm Cares 315/ 737-9339

3364 Rte. 12, Clinton, NY 13323 Animal refuge – a wonderful place.

Humane Society of the United States

2100 L St., NW, Washington, DC 20037-1598 Animal Protection.

Morris Animal Foundation 800/243-2345

45 Inverness Dr. E., Englewood, CO 80112-5480

Federation of International Canine 205/ 284-4401

Pet Savers Foundation, Inc.

14 Vanderventer Ave., Port Washington, NY 10050

Hemopet 714/ 252-8455

17672-A Cowan, Suite 300, Irvine, CA

Non-profit Animal Blood Bank

Some of my favorite Resources:

☺ **Natural Food Stores or Health Foods Stores:**

Over the years, I have found the people who own and work in these stores to be very knowledgeable, helpful and caring. There are usually many valuable references on hand for answers to specific questions regarding health - human and animal. The store will usually have just what I need or the items can be special-ordered. I recently noticed that a local supermarket is now stocking a few of my preferred items and found their price was *higher* than at my local Natural Foods Store!

☺ **Community Holistic Centers:**

More and more, these places are serving as “networking” sites, offering a variety of classes, workshops, and services in alternative and holistic therapies, such as: homeopathy, yoga, therapeutic massage, stress management and meditation. Some ask for membership and others are open to the public, many have a “store” area with lots of very interesting useful items which might otherwise be hard to find. Most are listed in the phone book under “Holistic Practitioners”.

One Of My Favorite Magazines:

☺ **NaturalPet** 800/ 825-5738

A publication of Fancy Publications. Reading *NaturalPet* has literally changed my life and my pets’ lives - all for the better! It’s got the latest healthier information from the veterinarians and animal healthcare professionals.

Two Of My Favorite Books:

☺ **The Complete Herbal Handbook For The Dog and Cat** by Juliette de Bairacli Levy
Covers natural-rearing, herbal medicine and disease prevention. She paved the way! This is a “must read” for all those interested in natural care for our cats & dogs. She also has a few other books, including : The Illustrated Herbal Handbook for Everyone.

☺ **Love, Miracles, and Animal Healing** by Allen M. Schoen, D.V.M. , M. S., and Pam Proctor. Dr. Schoen has a DVM from Cornell University, a MS in animal behavior and neurophysiology from the University of Illinois. He is a consultant at the Animal Medical Center in New York City, founder and director of the Veterinary Institute for Therapeutic Alternatives in Sherman, CT . I love this book and purchased it through the NAHA.

My Favorite Newsletters:

☺ **Healthy Pets - Naturally** 706/ 356-7031

Has “The Holistic Newsletter with Natural Remedies for Treatable Ailments”.

☎ the Healthy Cat 800/ 482-0942

A new (spring '96) publication, and I love their philosophy: "Good Health comes from strong immune systems...[which] are built through good nutrition. Understanding the relationship to both and presenting the various ways to build a strong immune system is the focus of the Healthy Cat newsletter."

☎ The Holistic Horse 914/ 693-2553 (fax: 4956)

"Equine Alternative Therapy Newsletter", published quarterly, loaded with general information on herbs and homeopathy which may also apply to dogs and cats. Has a free Research Hotline.

☎ Love of Animals 301/ 424-3700

"Natural Care and Healing For Your Pets", has some very helpful information.

☎ The Atkins' Health Revelations 800/ 336-4893

The latest information on health issues with the emphasis on human, but it occasionally has some excellent articles on pet health too.

☎ The Earthling Exchange 505/984-8876

"Nurturing Families with Animals", a quarterly forum for personal and planetary healing through communication with the animal, plant, and mineral kingdoms, "The Animals want to communicate with man!" ---Brave Buffalo, Lakota Nation.

☎ Species Link 415/ 663-1247

For those on the path of developing and using interspecies telepathic communication in their daily lives and/or professions, provides a forum and network to share experiences, helpful hints, insights, humor, the joy of deep understanding and heightened awareness with all beings.

☎ The Cassette 207/ 797-9635

Collie newsletter (information very helpful for other dogs, too), published quarterly.

Associations for Complementary and Alternative Veterinary Medicine:

☎ American Holistic Veterinary Medical Association (AHVMA) 410/ 569-0795

2214 Old Emmorton Rd., Bel Air, MD 21014 One can call (or fax: 410/ 515-7774) for a list of the vets who are members in one's local area. They have an annual conference and a \$50 membership fee. I have found some vets to be more holistic in their practice than others, especially with regard to the food they recommend for our furry friends.

☎ International Veterinary Acupuncture Society (IVAS) 303/ 258-3767 (fax: 0767)

268 West 3rd St., Suite 4, PO Box 2074, Nederland, CO 80466-2074 For information/specialists in your area, send a SASE.

☎ American Veterinary Chiropractic Association 309/ 658-2920 (fax: 2622)

623 Main, Hillside, IL 61257 For information/specialists in your area, send a SASE. My dogs and horses have had adjustments with excellent results!

☎ Veterinary Homeopathy: Animal Natural Health Center, 1283 Lincoln St., Eugene, OR 97410. For information/specialists in your area, send a SASE.

☎ National Center for Homeopathy 703/ 548-7790

1996 marks it's 22nd year, non-profit organization and has over 7,000 members.

☎ Holistic Alliance International 201/ 586-3936 (fax 201/ 627-4285)

"...dedicated to healing Mother Earth and all her loved ones."

Some Holistic Veterinary Consultants:

☉ Wendell O. Bellfield, DVM, Orthomolecular Specialties 408/ 227-9334 (fax:2732)

Has his own formulations for supplements, Author of "How To Have A Healthier Dog" and "The Very Healthy Cat book"

☉ W. Jean Dodds, DVM, Hemopet 714/ 252-8455 (fax: 310/ 828-8251)

Specialty is in canine Immunology, Hematology and Conventional Veterinary Medicine. Will work with your vet for blood testing of vaccine titers and thyroid levels. Member of AHVMA, and founder of Hemopet, the non-profit animal blood bank.

☉ Lisa Edwards, DVM, Barton Animal Hospital 406/ 632-3800 (fax: 2366)

Utilizes a variety of holistic modalities including nutrition.

☉ John H. Fudens, DVM, Affinity Holistic Clinic 813/ 787-6010 (fax: 2504)

Totally holistic practice. Taking a courageous stand with the government in order to practice holistic veterinary medicine. Does telephone consultations.

☉ Martin Goldstein, DVM, Smith Ridge Veterinary Center 914/ 533-6066 (fax: 6405)

Certified in Veterinary Acupuncture, Iridology and Augmentive Therapy, member of AHVMA, and the American Veterinary Medical Society.

☉ Robert Goldstein, VMD, Northern Skies Animal Co. 203/ 222-7173 (fax:227-8094)

He and his wife, Susan write the "Love of Animals" Newsletter. Uses Immuno-Augmentive Therapy.

☉ Don Hamilton, DVM, 505/ 666-2091

Utilizes Homeopathy, and Nutrition, Member of AHVMA.

☉ Deborah C. Mallu, DVM, CVA, Holistic Veterinary Care 520/ 282-5651

Practicing veterinary medicine since 1977. Certified Veterinary Acupuncturist and Energy Healer. Telephone consults available. Medical evaluation and therapies utilizing Western Medical theory, Traditional Chinese Medical theory, Animal Communication, Energy scan, and healing work, Chinese and Western herbology. Homeopathy, Glandulars, Nutritional Counseling and Exploration of the animal's illness as a reflection of their person's health process on all levels of Body, Mind and Spirit. Member of AHVMA.

☉ Donna Starita Mehan, DVM, A Country Way Veterinary Care 503/ 663-7277

(fax: 4069) A member of the American Veterinary Medical Assoc., the Oregon Veterinary Medical Assoc., and the AHVMA. Utilizes Homeopathy, Nutrition, Herbs, Acupuncture / Electroacupuncture, Flower Essences, Bodywork, Kinesiology.

☉ David M. McCluggage, DVM, Chaparral Animal Health Center 303/ 702-1986 (& fax)

Specialties: Certified Veterinary Acupuncturist, Classic Homeopath, Chinese and Western Herbs, Applied Kinesiology, and Reiki, member of the AVHMA.

☉ Allen M. Schoen, DVM, MS 203/ 354-2287

Specializing in Nutrition, Homeopathy and Western Herbs. Co-author of "Love, Miracles, and Animal Healing, member of AHVMA.

☉ Judith L. Shoemaker, DVM, 610/ 869-3346 Chiropractic, Acupuncture, Nutrition,

Homeopathy, and Biomechanical management, advanced farriery complementary techniques. Member of AHVMA.

☉ Robert J. Silver, DVM, MS, Holistic Wellness Center 303/ 494-7877 (fax:4496)

Small animals, Certified in Acupuncture (IVAS), teaches Herbal Therapies to lay people, uses some Homeopathy, believes "the most potent healing modality we have is love and fresh, raw food" member of AHVMA.

☉ Stephen Tobin, DVM, Your Traveling Vet - House calls 203/ 238-9863

Specializing in: Homeopathy, Holistic Medicine, and Chronic Disease, Pres. of AHVMA.

☎ Neal K. Weiner, DVM, Lewiston Animal Center 916/ 778-3109

Small Animal vet, specializing in a variety of holistic modalities and emphasizes fresh food feeding, member of AHVMA.

Chiropractic for Animals:

☎ Robert W. Mueller, DVM, Fair Chance Farm 908/ 780-2202

A wonderful vet who practices Veterinary Chiropractic, my animals absolutely love him. His wife, Nancy Ann, does animal communication consulting.

☎ Marc L. Sommer, DC, CAC, Little Critters Chiropractic Service 201/ 696-0006

(fax: 6363) Member of the American Veterinary Chiropractic Assoc. (AVCA), Certified Animal Chiropractor, Diplomat of the American Vet. Chiropractic Assoc., lecturer / instructor, member, Board of Directors of AVCA, by appointment, veterinary referrals.

☎ Sharon Willoughby, DVM, DC, Animal Chiropractic Center 309/658-2920 (fax:2622)

e - mail: AmVetChiro@aol.com Specializes in animal chiropractic, horses in particular. President AVCA. Co-author of "Healing Your Horse: Alternative Therapies".

Some of My Favorite Consultants

☎ Animal Connection Healing Modalities, 908/ 454-6855

Mary Lynn Schmidt, Animal Healing, Communication, Polarity, Reiki II, TT.E.A.M, Homeopathy, Spiritual Dowsing, referrals.

☎ Natural Reared Animal Directory Natural Networking, PO Box 543031, Merritt Isl., FL 32954 Trish Umerski is knowledgeable in natural care for our dogs. She developed this directory for natural animal enthusiasts to network with others throughout the US. Ideas and experiences can be shared, support groups can be formed, and professionals can advertise their services. Traveling with this directory will provide the nearest holistic vet in case of emergency. A listing is free, and the directory is \$9.95.

☎ People Training For Dogs 914/ 268-8200

Nancy Strouss, professional dog trainer. Obedience, Show Handling, Group/Private Lessons, Puppy Kindergarten through Utility, Behavioral Counseling, Seminars.

☎ Holistic Animal Care 800/497-5665 (fax: 520/ 886-2638)

Lisa Newman, ND, has a Naturopathic catalog on alternative care for animals.

☎ George Koury 212/ 642-5027

Ordained Minister. Readings / Healings / Clearings / Workshops

☎ Laura Simpson 515/ 472-3604

"Get Your Facts Straight... From Your Pet!" - Animal Communication.

☎ Anaflora 916/ 926-6424

Sharon Callahan, Flower Essence Therapy for Animals - customized for individuals!

☎ Kate Solisti 505/ 984-8876

"Nurturing Families with Animals"-Animal Communication, Earthling Exchange newsletter.

☎ Wanita Windwalker 810/ 674-9229 (fax: 673-7523)

American Indian Shaman, Mystic, Psychic, Healer for our Times.

☎ Pat McKay Animal Nutrition 800/ 975-7555 (fax: 818/ 296-1126)

Has a wonderful line of supplements and food, author of "Reigning Cats and Dogs".

Miscellaneous Items / Information:

- Goldens Portrayed - 315/ 853-8905

Kathy Partridge, animal artist, designs printed on clothing, painting, commissioned work, limited editions, teaches drawing.

- National Assoc. of Professional Pet Sitters
- Healthy Referral Newspaper 216/ 247-1169
Wholistic/Preventive Resources for Health-mental, physical & spiritual - people & animals.
- Acres USA - 504/ 889-2100
Newspaper. A voice for eco-agriculture.
- Sarasota ECO Report - Local / global, health & environmental news. 941/ 366-5008
- Healthy Pets Enterprise - Gift Baskets for Dogs. 610/ 866-9341
- Vacationing with Your Pet - Motels/Hotels that accept pets. 800-638-3637
- Earth Animal 203/ 222-7173
A complete Department Store for Animals, People and the Environment.
- Tattoo-A-Pet 800/ 828-8667
- National Dog Registry 800/ 637-3647

Pet Memorials and Urns:

- Alsto's Handy Helpers 800/ 447-0048
- Petra, Inc. 800/ 553-9708
- The Vase Place 800/ 682-8273

Catalogs:

- The Wise Old Nag - Horses are the specialty. 970/ 247-1415
- Equilite - Natural supplements for horses, dogs and cats. 914/ 693-2553
- Green Hope Farm - Flower essences, humans / animals. 603/ 469-3662
- TerrEssentials Chemically sensitive - mostly human products. 301/ 371-7333
- Tanglewood - Fur Saver Collars. 813/ 788-5737
- Pet Inclinations - Ramps for mature or handicapped pets. 708/ 932-1860
- Whiskers - "Holistic Products for Pets" 800/ 944-7537
- Super Puppy Catalog - Items for the 'new addition' to the family. 619/ 489-1818
- The Uppity Puppy - Chemically untreated "Pet Potty & Poop Pad". 810/ 543-7491
- Gardens Alive - Great source for organic garden products. 812/ 537-8650
- Alsto's Handy Helpers - Heated birdbaths to Pet Memorial Markers. 800/ 447-0048
- Reflections Organic - Wonderful organic cotton clothing. 800/ 852-9273
- UPCO - "The complete pet store in your mailbox." 800/ 254-8726
- Pipsqueak Productions - cards, etc. 717/ 253-4330
- J-B Wholesale Pet Supplies 800/ 526-0388
- Jeffers Pet Catalog 800/ 533-3377
- KV Vet Supply 800/ 423-8211
- Omaha Vaccine Company 800/ 367-4444
- Cherrybrook "The ultimate in dog & cat supplies" 800/ 524-0820
- RC Steele Wholesale pet equipment & kennel supplies. 800/ 872-3773
- Drs. Foster & Smith 800/ 826-7206
- pedigrees 800/ 548-4786
- Valley Vet Supply 800/ 360-4838
- State Line Tack Discount Western catalog. 800/228-9208
- Equestrian Enterprise - Horse Lover's Gift Guide 800/ 767-1452
- Pet Warehouse 800/ 433-1160
- Perelandra - Unique - gardening / health. 540/ 937-2153
- Liberty Tree Independent Institute Great books. 800/ 927-8733
- Lehman's Non-electric catalog 330/ 857-5757
- Seventh Generation - Earth Friendly 800/ 456-1177
- The Natural Choice - Non-toxic products. 800/ 621-2591

Where's The Meat?

Dutch Country Farmer's Market - Upscale Market with an Amish touch. 908/ 806-3904

- Kings' Poultry - Abe King 908/ 806-8676
 - Lancaster County Meats - John King 908/ 806-8476
- Maverick - Natural beef, buffalo, and lamb, does mail order. 800/ 49-RANCH
- Coleman's Beef 800/ 4428666
- Jamar Foods - 800/ 59-STEAK.

Herbs

- Herbally Yours 908/ 689-6140

Kerry Adams and Dale Hanish Bulk herbs, teas, culinary blends, essential oils and others. An herbal consultant, and has a variety of classes having to do with herbs.

- Herbalist and Alchemist - Wonderful herbal extracts. 908/ 689-9020

My Favorite Essential Fatty Acids:

- Barlean's Organic Oils- the best, in my experience - at Health/Natural Foods Stores.

My Favorite Enzymes:

- Prozyme for animals, Tymezyme for humans, 800/522-5537 (for nearest distributor).

My Favorite Trace Minerals:

- Nature's Path 41/426-3375 (for nearest distributor) Makes Skin Aide - great product!
- Trace Minerals - found at most health foods stores.

My Favorite Ears & Eyes, Shampoo additive/spritzer:

- Halo, Purely for Pets 813/ 854-2214 (for nearest distributor)
- Dr.Bronner's Castile Shampoo - at Health Foods Stores. I like the lavender.

Something To Think About:

(excerpt from a GRREAT Newsletter)

A codicil in one's Last Will and Testament for both owners:

In the event that my spouse should predecease me, I direct that any dogs I own at the time of my death, be given to _____ (the Rescue/Placement Group of your choice) a _____ (State in the US) Corporation, for placement in one or more permanent homes where they will receive loving care. If _____ (the Group), refused to take in my dogs, or if my Personal Representative finds that

_____ (the Group) has ceased to function as a rescue (or placement) organization, he shall without any avoidable delay solicit the assistance of _____ (the next nearest Group), a _____ (State in the US) Corporation, in finding another dog rescue/placement organization.

Pending transfer to a dog rescue organization, my dogs shall be adequately cared for at the expense of my estate, if necessary by temporary placement in a commercial kennel from which good quality care can be reasonably expected. A contribution of \$250 for each dog shall be made at the expense of my estate, to the rescue organization that eventually places that dog in a loving and caring permanent home. At all times, the actions of my Personal Representative on behalf of my dogs shall be guided by the knowledge that the quality of life of my dogs is of paramount importance to me.

The author, Lou Wesly signs off with:

"That last sentence says it all. See you in Heaven."

And lastly, I leave you friends with some very special things which have helped me over the years - sometimes it's for me or a loved one, but a lot of the time...

It's For The Animals!

When a very serious situation is encountered (major life challenges - not minor problems), I have used the following to help me and it works. It was sent to me by "my second mother", Albie, to whom I am very grateful for her love and understanding given to me when I was a child and needed it so.

She said that after saying the prayers, to send a \$19 donation to:

The Franciscan Mission Assoc., Franciscan Friars, PO Box 598, Mt. Vernon, NY 10551

A PRAYER TO THE HOLY SPIRIT

Holy Spirit, you who made me see everything and showed me the way to reach my ideals. You who gave me the divine gift to forgive and forget the wrong that is done to me, and you who are in all instances of my life with me, I, in this short dialogue, want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen.

Say this prayer 3 consecutive days without asking for your wish, then promise to publish.

In thinking about the unconditional love I receive from my companion animals, this quote came to mind.

Love

"Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It casts out fear. It is the fulfilling of the Law. It covers a multitude of sins. Love is absolutely invincible.

*There is no difficulty that enough love will not conquer;
no disease that enough love will not heal;
no door that enough love will not open;
no gulf that enough love will not bridge;
no wall that enough love will not throw down;
no sin that enough love will not redeem.*

*It makes no difference how deeply seated may be the trouble,
how hopeless the outlook,
how muddled the tangle,
how great the mistake;
a sufficient realization of love will dissolve it all.*

If only you could love enough you would be the happiest and most powerful being in the world."

-----Emmet Fox

The Secret of Happiness

"Happiness is what you sometimes find when you pursue something else.

There are many more attempts to define happiness than unhappiness. It is because people know all too well what unhappiness is.

Some people pursue unhappiness because happiness is too mild a sensation.

Unhappiness is more dramatic - or, rather melodramatic - and they see themselves at the center of the stage.

One should not seek happiness, but rather happy people."

-----Couturiere Coco Chanel

*"It has been said
that we bring nothing into this world
and take nothing with us when we depart,
but that was written of material possessions.*

*All of us bring with us the need to love and to be loved
and take with us, in spirit,
the knowledge of having loved and having been loved...*

*So I wish for the ability to remember the good things
and forget the rest, to create new memories
and to be sustained by trust and hope and courage;
and always try to understand."*

-----Faith Baldwin

I subscribe to an Internet Golden Retriever discussion group and read the following story from Denise Fillo, about her Golden Retriever, Aspen. With her permission, I am sharing it with you folks.

"Okay everybody. Time for another Aspen tale.

I had to shoot a commercial and drove three hours to a beach on the North Carolina coast one February with a camera and two helpers, plus Aspen. This was a *remote beach*. We were there for two hours and saw only two people. Of course, there was the obligatory "Sign of No-No's", including "Dogs Must be on Leash".

The script for the commercial called for Aspen to run through the water with a guy. A leash would have drastically detracted from the desired effect. So we pretended that we didn't see The Sign and set-up for the shooting of the commercial.

Along comes a cop. Oh great, I think - here comes a ticket.

At first, the cop was a real grouch...saying, "Did you see The Sign prohibiting dogs..." I said, "No Officer, I sure didn't". Just then, Aspen runs up to us with his Frisbee hanging out of his mouth and sits in front of the cop.

The cop says, "Sorry there, feller, but we'll have to get that leash on you.." Aspen whines a little, with the Frisbee still dangling off a tooth. Well, to make a long story into a short one, suffice to say that within five minutes:

- 1) The cop appointed himself "Guard" of our video shot, with the dog not on a leash, and offered to stick around just in case he was needed to "explain" this breach of law to anyone who asked.
- 2) The cop was playing Frisbee with Aspen and didn't care that he got his uniform and shiny shoes all full of sand and sea spray - and drool.
- 3) The cop went back to the patrol car to tell HQ that he was engaged - on important business - returning with some dog biscuits which he kept in the trunk.

What a guy! I wrote a letter to the police chief of that town to let him know what a fine example of a police officer this fellow was, but didn't give any details which would have incriminated the officer for going "off duty" to play with a Golden Retriever.

Just one more example of how irresistible these Golden Retrievers are!

Hope this brightens your day - as much as it did mine -
in reminiscing about it, and in thinking about my sorely missed old boy, Aspen."

The End

About The Author

A native Mid-Westerner, Helen lived in the Boston area for about twenty years and was fortunate to have Dr. Richard Kearns as her veterinarian. She and her husband now live in semi-rural Hunterdon County, New Jersey with their warm, loving companions—

Maggie Mae, Paco, and Danny Boy (the dogs).

George, Francine, Felix, Silver Belle, Ginger Kitty, Muffin, The Big Kahuna, Tura Lura Lura, and Cookie (the cats).

Helen demonstrates her method for making home-made companion animal food in her workshops. She is available for presentations, and seminars.

Comments and ideas are welcomed.

It's For The Animals!

PO Box 5378

Clinton, NJ 08809

phone: 908/ 537-4144

(fax: -6610)

e-mail: HLMcKinnon@aol.com

Web Site: <http://members.aol.com/ifta2>

Printed in the U.S.A.



"COOK" BOOK

Most people are calling it "The Betty Crocker cook book for Dogs & Cats"

Here's what the animal experts have to say:

"Helen McKinnon's It's For The Animals 'Cook' Book is a true blessing for animals. It offers them the ability to be as vital, alive, and as loving as they can be. It gives them an optimal chance of reaching their true potential as our warm, loving companions."

-----Allen M. Schoen, DVM, MS

Director, Veterinary Institute for Therapeutic Alternatives, Sherman, CT

Consultant at the Animal Medical Center, New York City

Co-author of Love, Miracles, and Animal Healing

"We had read about fresh food feeding and had totally agreed with the concept, but had no idea of how to get started. *Then* we had Helen demonstrate her method for us prior to publishing her book (we couldn't wait!), which really brought everything together. We've been making our own pet food ever since, and our dogs LOVE IT! Within a month on the fresh food, they were flat-out happier and more joyful.

We had all the excuses for not doing it—but we feel it was 'spiritually designed' that we needed to make our animal companions' food. No doubt the Universe wants them fed this way. We enjoy making the food, it doesn't seem like a chore at all."

-----Nancy Ann and Bob W. Mueller, DVM

Fair Chance Farm and Equine Hospital, Freehold, NJ

"Helen McKinnon's cookbook provides a simple yet comprehensive method for providing the best preventive care for our companion animals, cooking with love. Freshly prepared foods can bring back the vitality that they deserve and that they have lost from years of 'junk food' diets.

It is more clear than ever that yearly 'boosters' are completely unnecessary for dogs and cats. Also, evidence is accumulating that these same vaccines can be extremely harmful in many animals. Even initial vaccinations are being challenged by many in our profession.

Take the money saved from booster vaccines and put it into good food. Your animal friends will love you for it, and you will see the difference."

-----Don Hamilton, DVM

Los Animales - Wholistic Pet Care

Ocate, New Mexico

"'KISS' (keep it simple stupid) is Helen's motto and works for my rave review. Helen addresses all the excuses we make about feeding our companion animals naturally. It would be tough for anyone to read this book and open another can or bag of animal food! Here is a cook book that misses no details to take us from reading to putting the food in the dish. All your clients and each of you need this book. No more said -
'Just Do It!'"

-----Deborah C. Mallu, DVM, CAC

Holistic Veterinary Care

Review for the JOURNAL of the

American Holistic Veterinary Medical Association



"Cook" Book

Plus... Resources for Natural Care for Pets

"Follow your heart, listen and observe your animals, use your kitchen as Helen will show you and you will see your animals transform."

from the Foreword by

Deborah C. Mallu & Allen M. Schoen, DVM, MS

A portion of the sale of this book is donated to The Shelters and The Rescue Groups

To Order a copy

\$ 14.95 (add \$4 outside US)

(makes a nice gift too!)

3.00 (shipping & handling first class, outside US, add \$2.00)

\$17.95 Total (US funds) (NJ residents: add 6% sales tax)

Send To:

Gift From: include card with book: yes / no

Name: _____

Address: _____

Phone: _____

Please make your check payable to:

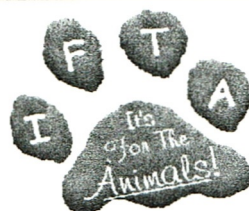
C.S.A., Inc. --- and mail to:

It's For The Animals!

PO Box 5378

Or MasterCard & Visa
Phone: 908 / 537-4144 (Fax: 6610)

Clinton, NJ 08809 *Thank you!*



"Cook" Book

Plus... Resources for Natural Care for Pets

"Follow your heart, listen and observe your animals, use your kitchen as Helen will show you and you will see your animals transform."

from the Foreword by

Deborah C. Mallu & Allen M. Schoen, DVM, MS

A portion of the sale of this book is donated to The Shelters and The Rescue Groups

To Order a copy

\$ 14.95 (add \$4 outside US)

(makes a nice gift too!)

3.00 (shipping & handling first class, outside US, add \$2.00)

\$17.95 Total (US funds) (NJ residents: add 6% sales tax)

Send to:

Gift From: include card with book: yes / no

Name: _____

Address: _____

Phone: _____

Please make your check payable to:

C.S.A., Inc. --- and mail to:

It's For The Animals!

PO Box 5378

Or MasterCard & Visa
Phone: 908 / 537-4144 (Fax: 6610)

Clinton, NJ 08809 *Thank you!*